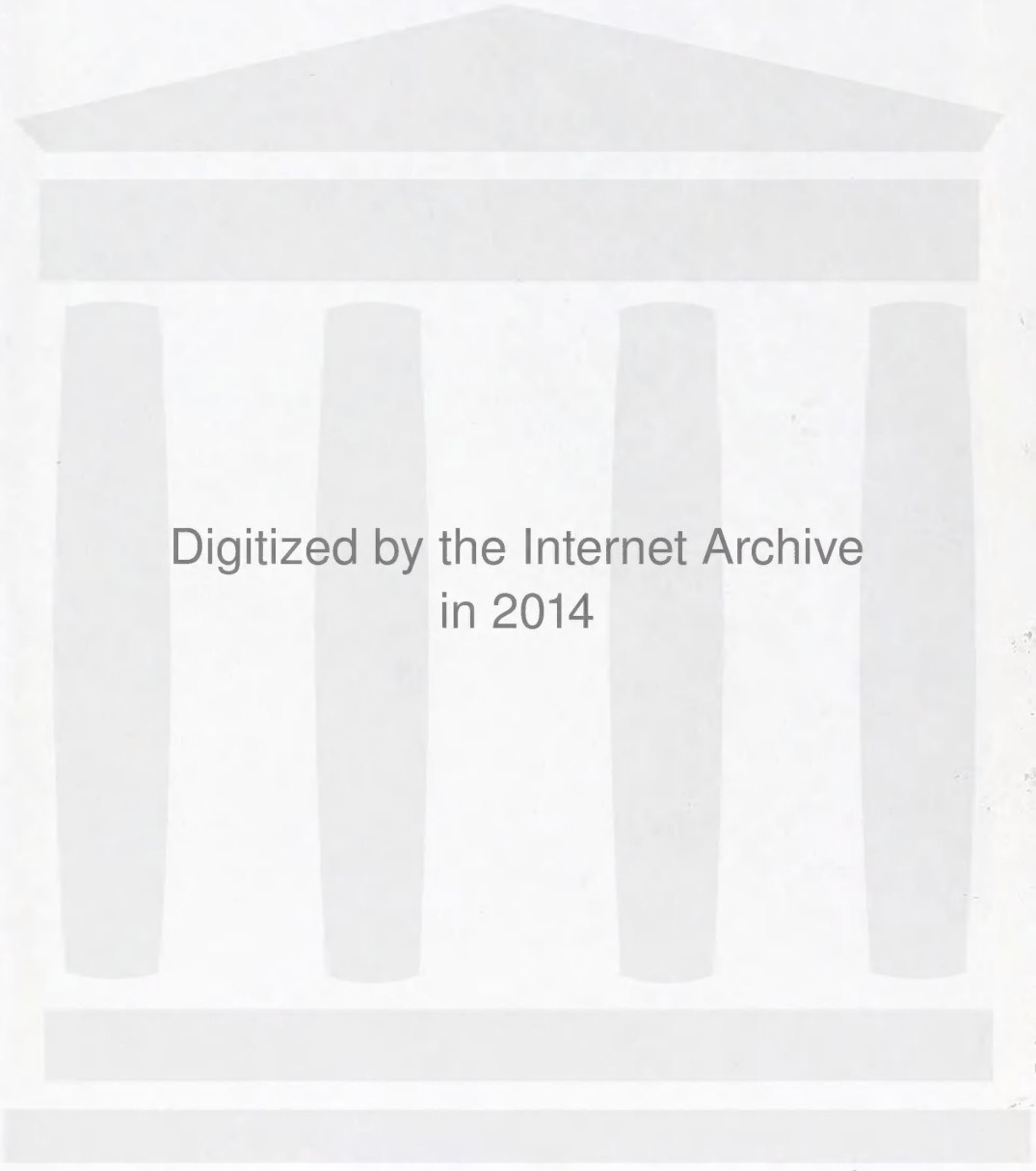


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Journal

DERELLA"
CKEFELLER
ne maid who
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AYS TO LIVE
LESS MONEY
ylvia Porter

KIE SUSANN'S
RET STORY by
Reed & Doris Day

LYWOOD DIET
the stars stay slim

y, Happy & Me
Marvella Bayh

AT COOKS'
KBOOK

MacGraw's
t Poetry

SUSAN FORD
talks about
life in the
White House

CAPES
to sew

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THE SUPERSTARS
FITNESS PLAN
Get-in-shape tips from
top women athletes—plus
LHJ's own
exercise routine

We had the post-partum blues. So we became blondes.



It was silly. I'd had an easy time in the hospital. And in a few weeks—gotten over the fear that when I was bathing Amy I'd break her.

But sometimes, for no reason, there'd be tears in my eyes. I guess no matter how sweet and attentive Dick was, I felt that my girlhood and the romance of me was over.

At least I wasn't alone. Carol, who had just had a baby too, felt like I did. She'd come over and we'd do exercises together. Before long, our figures were back in shape. And so was our hair. Except it still looked dingy. Then one day we had a brainstorm. We decided to go blonde. And to do it like professionals. With Lady Clairol®.

The next rainy day, while the babies slept, we helped each other put on the Lady Clairol hair lightener (it lifts out the darkness). Then we helped each other put on the Clairol toners to get the exact shades we wanted. Doing it together made it easy.



Before the babies woke, we were blondes! Carol, a delicate taffy blonde—and my hair a shimmering golden shade that was like discovering who I was really meant to be. Carol's husband says the best thing that happened since the birth of the babies was the birth of the blondes.

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Now Moon Drops creates 'Multiple Moisture-Action' Skincare.

'Multiple Moisture-Action' is our entirely new concept in moisturizing! It's a unique combination of 12 vital ingredients found in your own skin.

This exclusive 'Moon Drops' formula works two ways:

1. Delivers fresh moisture to your skin.

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'Under Makeup Moisture Film' for normal to slightly dry skin. In the morning it helps makeup stay fresh, at night it smooths away dry lines.

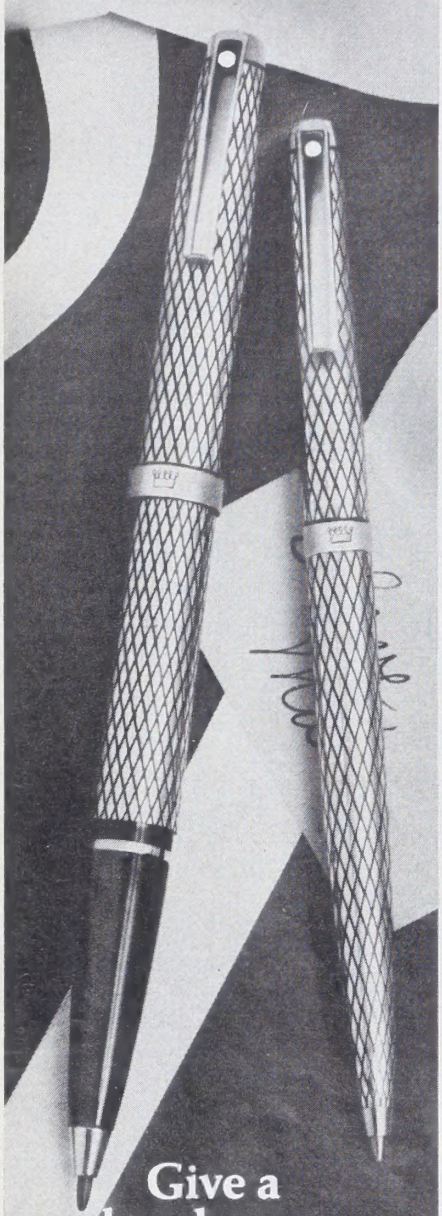
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VOL. XCII, NO. 1

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LADIES' HOME JOURNAL® JANUARY 1975



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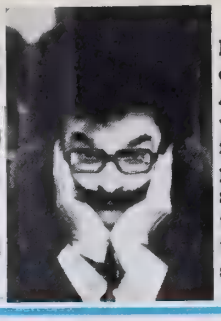
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WHAT'S HAPPENING BY GENE SHALIT



Leading off a new year, our Man-About-All-the-Arts spots the trends to watch for on various fronts—in recording, publishing, and in the movies. Although some trends are predictable, there are plenty of surprises.

What's ahead for 1975? What's the news of what's new for the new year? Let's figure the future of movies, books, and records, and find out how 1975 will differ from, say, 1843.

The sounds of seventy-five

In music, 1975 should be a record year (these are the jokes, folks). Recording insiders plan to make your heads (and turntables) spin. They're convinced that the high cost of going out will switch you on to spending a free and easy time at home.

Classical records account for about 8 percent of all music Americans buy. That sounds low, but it's a terrific number of records . . . about 80 million!

With our 200th birthday just around the calendar, they'll try to make it a buy-centennial with a rush of recordings of American music. Here they come: Charles Ives, Aaron Copeland, Roy Harris, Samuel Barber, George Gershwin and the rediscovered Scott Joplin, whose opera, not performed in his lifetime, will probably hit the discs.

Most American record companies will release ornate gift albums and boxed sets of patriotic music, Colonial music, life on the Mississippi music, all sorts of music from songs to symphonies. Columbia promises a new production of *Porgy and Bess*. And about time. And Angel will harp on Louis Gottschalk (1829-1869). The theme in this almost centennial year is: come home to American music.

Pop prediction

Dancing will come alive in '75—that's what the record companies are counting on (one-two-three, one-two-three). Since you'll be spending more time at home you won't want time on your hands —so up on your feet and *move*. To give you something to move *to* this year you'll hear something called "the disco sound," with a big beat. The new music may be hard to categorize because the barricades are breached, sounds spill from form to form: rock, pop, rhythm and blues, jazz, country and Western will become an almost indistinguishable amalgam. Music specialists are referring to this as "crossover," and 1975 will see a crossing over and crossing out of pop music distinctions.

I've been talking about talking records, so let's talk about records that talk. And the talk of the town is Caedmon, a company owned by women and devote solely to the spoken word. Just flippi through the catalog flips me out. Ma of the world's finest actresses and acto performing noble plays, funny play dramatic plays; reading poetry, essay stories, and even novels. Two of the *mo* popular discs are Joseph Heller readi from *Catch 22*, and Kurt Vonnegut rea from *Slaughterhouse-Five*.

The looks of books

Publishers have a two-word goal f the new year: Save Money. They're pa ing publication lists and trimming th size of books to save money and tree Since *you* want to save, too, books 1975 will tell you how to earn more ar keep more. Unluckily, you won't be ab to save money on books. When *Go With the Wind* was published in 193 it was the first time that a best seller ha cost as much as three dollars. Prices lik that are now gone with the wind. Recen best-sellers, like *Something Happene* and *Centennial*, cost $10 and $12.5 This year . . . who knows? Maybe yo can start the first book-pool on you block. (Actually, free book-pools exis they're called public libraries.)

Paperback prospects aren't so ho either. Remember when you waited f the paperback to come out so you coul have a cheap read? No more. This year crop will sell for anywhere from 95 cen to $2.95. And here are the themes of th crop: Books by women, for women, an about women will ride high again th year. Books for a fuller, richer, more lib erated life, to help you deliver your ow babies, to help you get paid what you' worth, to help you build your own hous and fix your own car while the man i your life fixes his own dinner. But libera tion doesn't mean not beautiful. There' be an unusually high number of book that tell you how to be more beautifu skimier, sexier. In the latter category *The Pleasure Bond*, by Masters an Johnson, who say their first book wa written for doctors, but this one is fo *you*. (You mean only doctors read the first book? No wonder they had no tim to make house calls.)

How to save money

Remember I said publishers want t help you save money this year? *How-t* books is one way. Not frivolous thing like *999 Ways to Make* (continued



Cannon's Picnic makes your bedroom and your bath like a day in the country.

Flowers and little tablecloth motifs are strewn on muslin sheets and pillowcases of no-iron cotton and polyester. And on deliciously thick towels.

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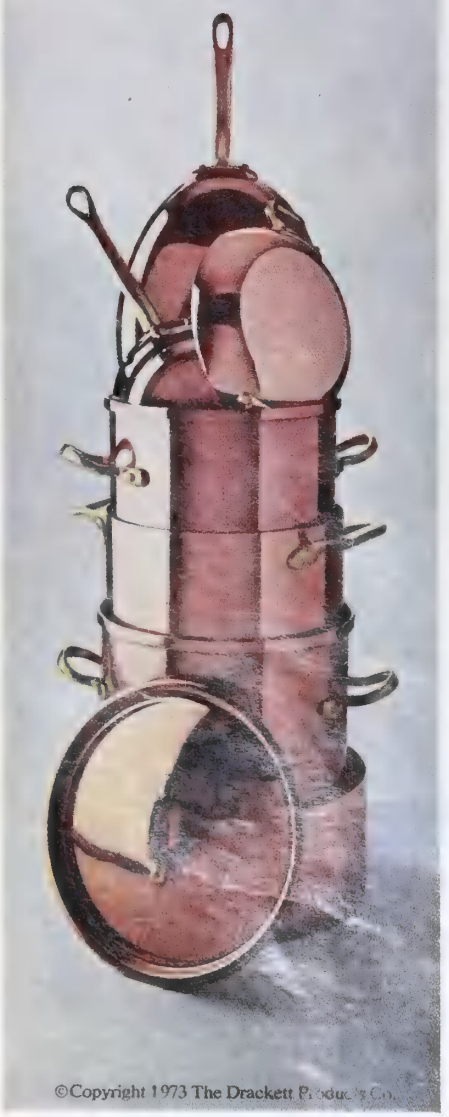
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No other leading copper cleaner gives a shine that lasts longer than Twinkle.

Know why? Twinkle contains chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

Isn't Twinkle the copper cleaner you've been dreaming about?





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WHAT'S HAPPENING
continued

Glorious and Exciting Wall Hangings from Unwashed Tobacco Leaves. This year, *How-to* books will have a more practical, money-saving approach. Leroi Smith's *Moneysaver's Do-It-Yourself Car Repair* tells you in absurd detail everything you'd rather have somebody else learn about your car's suspension, brakes, tires, engine. (Never mind all that: how do we make the monthly payments?) If things get really bad, try *How to Cut Your Own or Anyone Else's Hair Book.*

If you're one of those people who insist on swimming against the tide, *London on $500 a Day* (how's that for denying reality?) may be just your trip. This handy little guidebook by Fern Kadish and Kathleen Kirtland begins by explaining how to reserve a $1,000-a-day room on the Queen Elizabeth II. A cheaper way to escape is in a novel, and Richard Adams, the Englishman whose first best-selling novel, *Watership Down*, will be paperbacked in March, has a big new fantasy on the way: *Shardik*, 800 pages (so much for the save-the-trees-trend) about a giant bear who takes over an imaginary civilization. Adams has been paid $500,000 for the American rights, so I may send him that London guide book. Need more escape? Plenty of romantic suspense novels (ca "gothics" until publishers grew tire that word). There's *Engagement* Eloise Weld, the story of a fox-hun family in 1914 Pennsylvania. There also be plenty of "big" biographie movie stars, among them, *Judy* by old Frank, *Sophia*, by Steven Zec, *Bogart and Bacall* by Joe Hyams.

Movies thrive in '75

The new year looks lean for lady s as Hollywood keeps us on a die macho matchings. That's not all bad, there *will* be some women on scr from the incomparable Katharine H burn to the comparable Ann-Marg The male factors are Alan Arkin James Caan, Michael Caine and ney Poitier, Warren Beatty and Nicholson, John Cassavetes and Gazzara. (Redford and Newman taking the year off as a team, but to k their memory alive, *Butch Cassidy the Sundance Kid* will be revived.) D men team with women any more? H pily, yes. The screen teems with te likeable for their unlikeliness: Katha Hepburn and John Wayne, for insta in a sequel of *True Grit* called *Roo Cogburn*. Other for-instances: Alan kin and Sally (hot lips) Kellerman, Lemmon and Anne Bancroft and, bes all, Woody Allen and *(continu*

GENE SHALIT RE-VIEWS

Amarcord. Federico Fellini at his best. One of the finest films in years. Don't miss it.

Animal Crackers. The Marx Brothers in their 1930 classic in which Groucho is Captain Spaulding, the African explorer who wonders how that elephant got into his pajamas.

The Apprenticeship of Duddy Kravitz. Richard Dreyfuss is admirably loathsome in this densely detailed story of a Sammy Glick in Montreal. A heavy film about a rotten kid on the make.

Bring Me the Head of Alfredo Garcia. Few movies are as tedious. Bring me the head of the studio that released this one.

California Split. Eliott Gould and George Siegel are two of a kind: bet-on-anything Californians who win big in Las Vegas. Occasional fun with an empty ending.

Chinatown. Jack Nicholson, Faye Dunaway and John Houston in an evocation of 1930s Los Angeles. Filled with mystery, murder and mood, *Chinatown* takes the starch out of everyone who says they don't make 'em like they used to.

Claudine. James Earl Jones and Diahann Carroll are winning as a couple in this black movie about a boisterous garbage man and a suburban maid who try to make it despite her six kids and his abhorrence of welfare. Rated PG but the language and incidents are rough.

Escape to Nowhere. An action thriller involving British-Russian espionage. Intelligent, topflight entertainment.

For Pete's Sake. Barbra Streisand misused in a comedy that alternately doesn't work or works too hard.

The Gambler. This story of a college English professor who's a compulsive gambler is a mixture of Dostoyevsky and dice. James Caan's performance is a winner, but the movie is no big deal.

Harry and Tonto. An endearing mo with Art Carney in a shining performa

Juggernaut. A high seas thriller in w Richard Harris tries to defuse seven sop ticated bombs aboard a trans-Atlantic l before the 1200 passengers are blown the sea. A tingler for adults and for Sa day afternoon 12-year-olds.

The Mad Adventures of "Rabbi" Jacob explosively funny farce for every men of the family. Louis De Funes is an spired comic actor. Don't miss it.

The Night Porter. Pretense and perver in post-Hitler Germany. Dirk Bogar effective in this sado-masochistic g R-rated but deserves an X.

The Parallax View. Warren Beatty i flawed but headlong thriller about a tional conspiracy that assassinates po cians on assignment.

Scenes From a Marriage. Ingmar Bergm unravels the lies and longings of a husb and wife in three hours of Swedish in sity starring the practically incompar Liv Ullman.

The Seduction of Mimi. Rich and rit social comedy, filled with fun and tin with sadness. Perfect for adults; imper for kiddies.

The Tamarind Seed. Julie Andrews West and Omar Sharif is East and twain meet in Barbados. A romantic m tery to take off your shoes by.

That's Entertainment. Some of the l production numbers from some of the l MGM musicals. All singing, all danc all talking, all together now, *let's go!*

The White Dawn. Timothy Botto Warren Oates and Lou Gosset rescued Eskimos. Brilliant performances. Rate because of occasional bare bosoms, that shouldn't keep intelligent high sch ers from joining you. A superior film.

'HAT'S HAPPENING
ntinued

iane Keaton. Woody will be back this ar with a comedy called *Love and eath*, and Miss Keaton will be favorbly remembered from Woody's previlis efforts.

Let's take a whirlwind tour through e next 12 months to check the films at have an aura of excitement and ccess. I make no promises: what folws is low on assurance and high on ope. Musicals and movies with music *Tommy* is the short-awaited movie of e rock opera by The Who, who will ar with Ann-Margret, Elton John and ina Turner . . . *Leadbelly*, a David rost production about the great black ind Southern folk singer, and *Ruby ed*, William Price Fox's novel about e small-town Southern girl yearning crash the country-Western music ene. Two of the biggest musical stars ill be in non-musicals: Barbra Streisand ars as a young nurse in *With or Without Roller Skates*. Liza Minnelli stars in non-singer called *Lucky Lady*.

Gangster movies are headed by *Godther II*, which could be an even bigger lockbuster than the original. *French onnection II* will again star Gene Hackan. Robert Mitchum is involved with ne Japanese mafia in *Yakuza*, and Tony urtis impersonates the notorious hood ouis Lepke in a film called *Lepke*.

Julie Christie, Warren Beatty and oldie Hawn team in a comedy called *hampoo* about a hairdresser who offers rotic services. Then Beatty's back with ck Nicholson in *The Fortune*, an adenture-comedy set in the 1920's about scoundrel who chases an heiress. The irector is Mike Nichols so the chances e good.

James Bond returns in the person of oger Moore: *The Spy Who Loved Me*. eter O'Toole and New York's former layor John Lindsay are directed by tto Preminger in *Rosebud*.

Disaster movies are with us still as eorge C. Scott stars in *The Hindenburg* bout the German zeppelin that explodd in mid-air. Neil Simon's comedy *The risoner of Second Avenue* gives us Jack emmon and Anne Bancroft. Michael aine and Sidney Poitier are in a web of dventure in South Africa: *The Willby onspiracy* is the film.

With all of this heavy filming there's lways Walt Disney who has big plans or 1975, including *One of Our Dinoaurs Is Missing* with Peter Ustinov (a uper spy) and Helen Hayes (a maid). Disney also offers *Escape to Witch Mountain* with Eddie Albert, Ray Milland and Donald Pleasance in a tale of wo children with supernatural powers. hen finally almost a caricature of a Disey title: *The Apple Dumpling Gang* tarring Don Knotts, Bill Bixby, Tim onway and Susan Clark. **End**



CAN THIS MARRIAGE BE SAVED? ELVA'S HUSBAND WAS A HOMOSEXUAL



After 19 years of marriage and two chidren, Tom confessed to Elva that he was "gay." No, the marriage could not be saved. But Elva learned some lessons about life —and herself.

By Dorothy Cameron Disney

This month's column deals with one of the most painful marital problems of all —a relationship that founders when the husband, after 19 years of marriage, announces that he is a homosexual. Most psychiatrists agree that homosexuality is difficult, if not impossible, to treat; thus, the prognosis for this sort of marriage is frequently hopeless. The effects on the wife caught in such a marriage can be devastating. She begins to question her femininity and her sexual adequacy and often blames herself for her husband's deviant behavior. Usually, this is far from the case; the husband has frequently been homosexual all his life, but it has taken him many years to admit it—even to himself. At present, more and more homosexuals seem willing to "come out"—to acknowledge publicly what they had previously kept secret. But one result of this "coming out" is that their marriages must be sacrificed to their greater self-awareness and self-fulfillment. Perhaps the case of Elva and Tom can show wives confronted with this unusual marital problem that, although their marriages may not survive, they themselves can. —The counselor in this case was Allen Brown.

Paul Popenoe, Sc.D.,
Founder and Chairman of the
Board of Trustees,
American Institute of
Family Relations

Elva talks first

"I wish I could hate Tom," said 38-year-old Elva, her wide mouth trembling. "But I can't hate him. He left us a month ago, but he's still my husband."

A tall, reserved, Scandinavian-looking woman, Elva was still suffering the effects of a terrible shock. Six weeks earlier, her husband of 19 years had stunned her by announcing that he was homosexual and wanted a divorce.

"It was a particularly happy family evening," Elva recalled with pain. "Our eighteen-year-old daughter's boyfriend Billy had come to dinner and they announced that they were getting married. Tom was pleased and proud—just like any father. He congratulated Billy, kissed Jennie and then he and our son went out to buy a bottle of champagne to celebrate.

"After we drank the toast, Tom suddenly pushed himself away from the table and in a strange voice asked me to join him in the study as soon as I finished coffee. I had a premonition that something dreadful was coming.

"For at least a year, Tom had seemed different to me. His most recent and lucrative job—Tom has changed jobs repeatedly—was managing the western headquarters of a national charitable foundation, and his duties kept him busy almost every evening. I tried not to complain about his frequent 'business' engagements, just as I tried to ignore the liquor I often smelled on his breath. I was very proud of Tom's success in handling his new responsibilities and the salary he was earning. At the time he signed his contract with the Foundation, he made the down payment on a house for us, the first real home of our marriage and the joy of my heart.

"I eventually finished my coffee and joined Tom in the study. He was pacing as he often does—like a tiger in a cage. When I sat down, he said quite calmly that he wanted a divorce because he loved somebody else.

"Naturally my first thought was of another woman. I demanded to know her name, screaming that I would scratch her eyes out.

"Then Tom told me. There was no woman. He was in love with another man. I just stared at him—dazed, bewildered—as if I suddenly had been cast ashore in a cold, horrible, unreal world. For a moment I could hardly comprehend the meaning of his words. It was as if he were speaking in a foreign language.

"Tom plunged on. He said he doubted that he had ever loved me. During all our years together, he had been intimately involved with men. He said that our whole marriage was based on deception and lies. I didn't believe him. I think Tom is emotionally sick and in desperate need of professional help. Maybe I need help, too.

"In the beginning, I'll admit that our sexual relationship wasn't ideal—I was a virgin bride and awfully scared—but for many years I thought that we had worked that out. Until last year we h intercourse once or twice a week. In t past six months, our love-making slac ened, but I had told myself that Tor hard work and his heavy drinking we causative factors.

"I cannot believe that Tom never e joyed sex with me, whatever he may s now. I know I'm not so incredibly stup that I've misread all my husband's fe ings for nineteen years."

Elva sighed. "Tom and I were int duced at a revival meeting shortly af the Korean War. I was nineteen a Tom was twenty-nine, a stranger to t community. He had just enrolled study for the ministry in the local c lege. I was charmed by his good ma ners and kindness. Tom took me ho that night, called me every day fo date, and six weeks later he propos It was his own idea and he had plenty time to change his mind.

"We decided to wait until he co pleted at least a year of his studies, h during that year Tom decided he h no true calling and dropped out of t church school.

"Our wanderings and financial stru gles began at once. We moved to O gon, where Tom began learning ra announcing. I became pregnant w Jennie immediately, but I took a ste graphic job to support us. Nobody co have been more sweet and consider than Tom. But his sole income consis of a monthly government check on t GI Bill, which barely covered his tuit and books. When no radio job turn up, he enrolled in a third college courses in medical technology and th we moved to Montana, where he had plied for a degree in social work. N we tried Texas. Tom and I lived fr hand to mouth for years. He went nine colleges before finally getting a gree. Sometimes both of us worked, l usually he held a part-time job an was the full-time breadwinner. Wh the youngsters were small, I operate nursery school and ran a typing bur on the side.

"Now that life is easier for us I ca bear for everything to fall apart. I c not stand aside and let Tom throw lives away because he has suffered mental or emotional aberration of so kind. If he were an alcoholic, I wo not abandon him. I want to stay by h now. If he will come back to us and can save our marriage, I will accomm date myself to almost any living arran ment that suits Tom."

Tom's turn to talk

"It's hopeless for Elva to try to h our marraige together," sighed T a broad-shouldered man of 48 w wore a black patch over *(continu*

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling research organization with a staff of 70 counselors. It is the oldest and largest marriage-counseling center in the world. The true stories repo here are drawn from counselors' reports of interviews. Names, geographic locations, and other minor details have been altered to conceal identit

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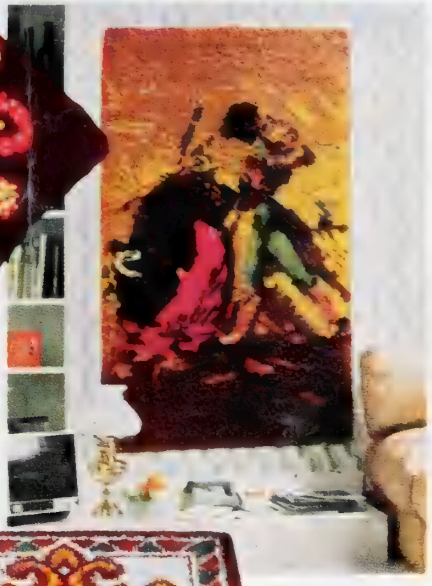


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THIS MARRIAGE
continued

one eye, a grenadier moustache and a modish, tight-fitting double-knit suit. "What she wants is impossible. The sorry truth is Elva and I never had a marriage in the real sense. I admire Elva and I respect her. For nineteen years she put up with my job-hopping and restlessness and stood behind me financially. But I don't love her the way a man should love his wife.

"I think that I was born homosexual. My earliest memories, my earliest fantasies, involved males. From the age of three or four, I was sexually oriented toward men.

"I was raised by my grandmother, a fierce Scotch Presbyterian. We lived in a nicely furnished, scrupulously clean house in a little town in Indiana. My mother was only sixteen years old when I was born—I suspect I was illegitimate, though I can't be sure since I know nothing of my father—and when I was an infant of two weeks she left me with my grandmother and went East to go to college. She graduated with honors, then got her degree in law. When she visited us during her college vacations, she asked me to call her 'Sis,' and I gladly complied, relieved to be excused from saying 'Mother.'

"My grandmother died of cancer the summer I was twelve, and 'Sis' returned to Indiana for the funeral. By then she had married one of her law school classmates back East. For a few days I entertained a dim hope that she and her new husband might want me to live with them, but instead I was shipped off to military school.

"I went to a long series of boarding schools that I didn't satisfy or that didn't satisfy me, and by the time the Korean War came along and I joined the army, I was barely able to scrape together sufficient credits for a high school equivalency diploma. By then my sexual orientation had been established.

"When I met my wife I had been 'gay' for years. At nineteen, Elva was fantastically naïve and her total ignorance of sex matched her total unwillingness to be enlightened, which I probably should have realized. I knew nothing about women and feminine ways. I'd never had a girl friend. Hell, I'd never even kissed a girl. So far as that goes, I'd had no stable, worthwhile friendships with men. I'd always been a loner, though I'd had innumerable sexual encounters with other 'gays.' They were all forgettable. My life had been a chaotic and unsatisfying parade of defeats.

"During my army service, I was stuck at a post in the Middle West. I was miserably lonely. While other G.I.'s used their weekend passes to chase girls, I used mine to chase men. Sometimes I succeeded, but often I was beaten up. In one wild melee at a bar, I was knocked to the floor, trampled and badly injured. I lost the sight in my left eye and spent six weeks in the hospital, where I swallowed an overdose of sleeping pills. My stomach was pumped out and I recovered, but I remained unutterably depressed. I decided that I would have to go 'straight,' but I didn't know how or where to start.

"One Sunday I went to a country church, which I subsequently joined. The pastor was a remarkably inspiring speaker, and on my third Sunday there I had a religious experience that still burns in my memory. I felt ecstatic, uplifted. I stumbled up the aisle, tears streaming down my face, sustained by a profound belief that I could transform myself, become a different human being—happy and fulfilled.

"I had a long talk with the pastor and confessed my problem in detail. He encouraged me to enter the church school and study for the ministry, to change my life in all ways—not just that one way. With faith, he said, anything was possible.

"I met Elva and married her, convinced—or perhaps hoping—that a miracle had occurred. Elva was everything a wife should be—the wife of a normal man. But there had been no miracle. I had not changed. I discovered almost immediately that I was driven by the same physical appetites of the past. Elva and I had good times together, we had many interests in common, but we never had a satisfactory sexual relationship, although she won't admit it.

"Elva is basically cold, rigid and highly conventional. She always kissed me with her mouth closed, and in nineteen years never allowed intercourse except in the most conventional way. Nevertheless, she used to feel hurt and offended unless we had sex several times a week; that was her conventional idea of proper amount allotted a married couple. She liked darkness and she disliked nudity even with the lights out.

"When I stopped making sexual advances out of weariness and boredom Elva began making awkward advances to me. Frequently she would cry and say I hated her, which was untrue. Since I didn't wish to hurt her, I responded to her overtures regardless of how I felt inwardly, but I constantly felt confused and guilty.

"While the children were small and both Elva and I were working hard, I wasn't too concerned with sex. Even in those early days, however, I engaged in homosexual episodes on several occasions. I sometimes wondered why Elva didn't guess what was going on. I often wished she would."

There was a lengthy pause before Tom spoke again. "A year ago, I found the friend and companion I've been searching for. He is a well-to-do architect, about my age. He invited me to share his home and work part-time in his office—I once took drafting courses in one college I attended—but I refused. However, I gradually realized that I could no longer tolerate leading a life based on pretense and fraud. I talked to my friend and he agreed to wait until I straightened out my financial matters with Elva.

"I want to join my friend openly, to come out in public and be the person I really am. In six months at the most I expect Elva to file for a divorce."

The counselor's turn

"Elva's desire to accept Tom's homosexuality and continue as his wife was unrealistic—the decision was out of their hands," the counselor said. "Tom had no intention of resuming the marriage. He did not wish to acquire *(continued)*



"Uh, oh! Here comes another angry mother."



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CAN THIS MARRIAGE BE SAVED?

continued

further knowledge of himself or the implications of his pas and its probable application to his future. Despite his lon history of homosexuality, Tom seems to have found no joy c peace in his 'affairs.' I'm quite sure that he is bisexual, a though he denied it. It is not likely that in nineteen years wit Elva, their sex life had been completely meaningless to hin Perhaps his denials lightened his confusion and guilt.

"Tom was restless, weak and easily swayed, but he had sense of responsibility. He felt obligated to Elva and was un willing to desert her financially. He frankly explained wha he expected from counseling. Before leaving the area, whic he meant to do, he wanted to provide professional advice fo Elva—and their 15-year-old son—to help them adjust to th separation. Their 18-year-old daughter, far more sexual sophisticated than her mother, required no such assistanc Jennie had already figured out the situation and apparent was only mildly interested in the upheaval. But Tom an Elva were anxious about telling their son, so Elva brought th boy to my office and offered to leave us for a private talk. Th boy asked her to stay, saying that he and his sister had di cussed the problem and had agreed that it was none of the business. They would love their mother and father as muc as ever. Of course, the boy's brave statement remains to b tested by the future.

"Elva found the emotional adjustment very hard to mak particularly after she filed for a divorce. She had invested tremendous amount in the marriage and she hated to adm defeat, feeling humiliated, stupid—a miserable failu Eventually, however, she began to understand that all adu bear the hidden scars of inner defeats. Her position was n unique.

"On the practical side, Elva told the truth to her famil depending on her sisters for companionship and comfort. S used the substantial divorce settlement she received fro Tom to open a nursery school, an activity that keeps her bu and interested and will help her to earn a livelihood when h capital is exhausted.

"Elva would like to marry again, and I am trying to he her learn to become less rigid in her sexual views. Wheth this will ever happen is impossible to predict. She is a pret woman but very obstinate.

"I haven't seen or talked to Tom for two years now. La Christmas I got a card from him. It bore a Mexico City po mark. It had no message and made me rather sad." E

MARRIAGE IS A PLACE

By Deborah Roth

How unlike we are
You a laughing child of May
Springtime green, Irish heart, an emerald's strength
And I, October's child
Autumn's fruit, wine red, an opal's hope
As different, we two, as Spring and Fall
Yet weighed on Nature's scales we balance one another
As seasons balance out the year.

As you, lover of fact and footnote, have taught me
One and one are never one, but two
So you and I are separate and distinct
Nor tied, nor locked together, but apart
Only there in that special place
Where our worlds combine as circles intersect
To share a common space
There is where you and I become us
In a place we share called Marriage.



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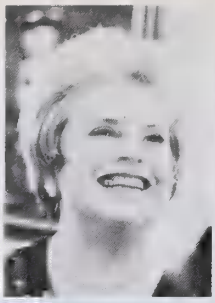
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AMY VANDERBILT: QUESTIONS OF ETIQUETTE



Dressing for a second marriage. Proper use of a carving board. Mixing silver and gold jewelry. Getting him to stop using your comb. The noted etiquette authority fields queries on these and other topics

Teen-ager's criticism

My family doesn't know anything about etiquette and I'm embarrassed to eat out with them when other people are along. I try to correct them as tactfully as possible, but they accuse me of being a snob. Can you help? I am 13.

Children of 13—boys and girls—usually go through a period during which they consider their parents, and their families in general, somewhat of a drawback. Don't correct them, particularly not in public. Just be sure that your own manners are beyond reproach.

Postscript

When I add a postscript to a letter, should I sign the P.S. with my initials, my name, or not at all? What about a second P.S.?

You don't need to initial a postscript. Sometimes a postscript has an additional postscript, which is lettered P.P.S. (meaning Post Post Script). The latter is better avoided. Try to get everything into the letter itself.

Unexpected visitors

What do you do when friends drop by unexpectedly and you are running late for a previous engagement?

You tell them that you are running late and will have to leave. The first engagement takes precedence unless there is a very, very serious reason to cancel it. Droppers-in really have no rights.

Eating pie

Does it matter from which end you start eating a wedge of pie?

The pie should be placed so that the point of the wedge faces the eater. It should be eaten with a fork from that point.

Second marriage

Would an off-white tailored suit be appropriate for the second marriage of a 45-year-old woman? The wedding will be very small.

A tailored off-white suit would be very appropriate. If the wedding is in the afternoon, you could even wear a long gown if you wish—perhaps in chiffon, in any becoming color except black or red.

Furniture scarves

My daughter says that scarves on room dressers, chests, etc., are not now. Is she right?

Yes. The dresser appointments sh be placed on the polished (or glass) without other adornment.

Second wife

Should the second wife attend the ding reception of her husband's da ter? I have always thought that i vited, the second wife should attend the church ceremony.

You are wrong. The couple shoul tend both the wedding and the rece together.

Giving gifts

I am almost 20 and had been dat young man, also 20, for several mo I gave him a present for Christmas he gave me nothing. Was it imp for me to give him a gift?

A man may give a gift to a woman out expecting one in return, but w woman gives a gift to a man at C mas, and receives nothing from h can be embarrassing for them both say you *"had* been dating" him, sounds as if you no longer are. Pe it would have been better to wait gift-giving until he made the first

Carving board

When using a carving board at the should you carve the meat, place a platter and remove the board fro table?

When the carving board is not ac part of the platter (as it sometim I prefer to see the meat carved kitchen or on a side table and

(continued on pa

Miss Vanderbilt welcomes que from readers and answers them column as space permits.

Now ready for JOURNAL *readers Vanderbilt's new booklet, "Larg ties" (open houses, anniversaries, warmings, showers). Also "Letter ing," "Engagement and Weddin quette," and "Table Manners." S for each booklet to Miss Amy V bilt, Box 1155, Weston, Conn. 06*


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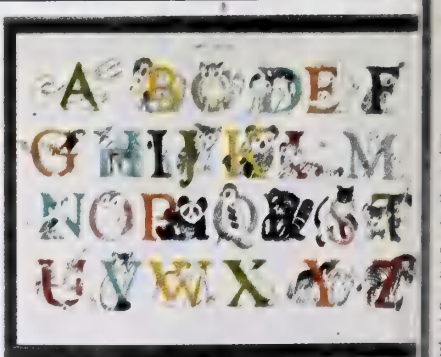
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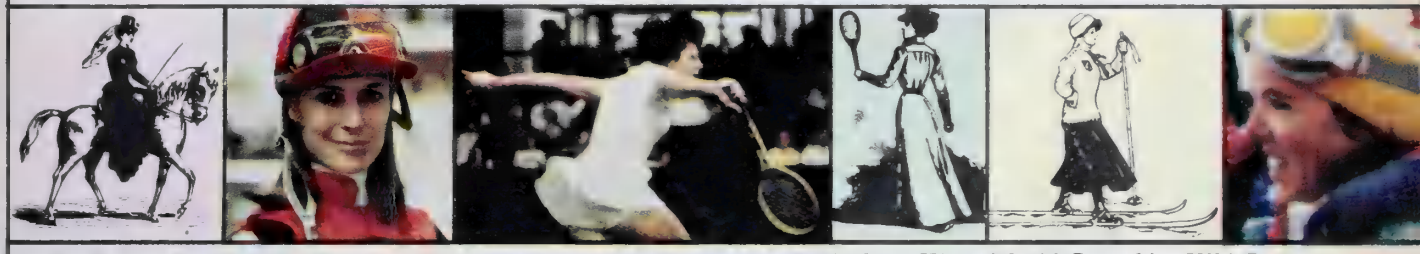
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LADIES' HOME JOURNAL PRESENTS . . .

Billie Jean King and gymnast Cathy Rigby in a bicycle race? Skier Suzy Chaffee pitching softballs against track star Wyomia Tyus? Anything is possible in the Women Superstars sports spectacular, to be presented soon by LADIES' HOME JOURNAL *in association with ABC-TV Sports. The 22 top athletes shown on these pages will compete in their choice of seven out of ten athletic events, ranging from tennis to rowing. The only restriction: no woman may compete in her own athletic specialty. A total of $152,000 will be awarded winners of the preliminary and final rounds. Watch the Superstars preliminaries from the Houston Astrodome on January 19 from 2 to 3:30 P.M. EST on ABC-TV. And on February 2 at 2 P.M. EST see the finalists compete at Rotonda, Fla., to determine who is the world's greatest all-around woman athlete.*

THE SUPERSTARS FOR WOMEN™



L–R: Robyn Smith, a leading American woman jockey; tennis star Billie Jean King; World Cup skier Kiki Cutter.

WOMEN SUPERSTARS: THEN & NOW

BY ELEANOR RIGER, PRODUCER, ABC-TV SPORTS

What makes a Superstar? By all rights, Billie Jean King should have qualified long before September 20, 1973. But she achieved Superstardom that night by taking up Bobby Riggs' challenge and defeating him soundly in the Houston Astrodome. The King/Riggs tennis match has been described as a gimmick, and it was. As a producer for ABC-TV Sports—the only woman, so far, in such a network job—I would have preferred to see Billie Jean King win recognition through extensive TV coverage of her matches with other fine women players.

However, 3,000 years of cultural conditioning had barred the way to women who deserved wide recognition for their athletic accomplishments. No wonder it took a Roman circus mismatch to make the breakthrough!

During ancient times, many women athletes were esteemed. In Greek mythology, Atalanta was known as the swiftest mortal in the world. The goddess Thetis was an expert swimmer, and Cyrene was said to have killed a ravaging lion with her bare hands. For several centuries before and after the birth of Christ, such mythical women were portrayed on personal and household articles as symbols of courage and strength.

Furthermore, Dr. Thomas Boslooper, author of *The Femininity Game*, has recently produced convincing evidence that there were *real* Amazons—"women who were strong, courageous, kind and superb athletes, especially on horseback."

But the history of women in sports is not all ancient. From 1900 to 1920, American women saw another brief, golden age of athletics, thanks to the women's suffrage movement. In 1890, shortly after basketball was invented (for men), Smith College introduced it to its women students; the University of Wisconsin provided coed tennis and ice hockey games.

The first real American woman superstar, nurtured in this congenial atmosphere, was Eleanora Sears. In the early 1900's, she excelled at every sport she played, winning 240 trophies in horseback riding, tennis, squash, swimming, sailing, golf, canoeing, yachting, rifle shooting, auto racing and flying. In her spare time, she took up baseball, football and boxing.

But once the right to vote was won, much of the impetus toward equal rights in sports was lost—with a little help from its enemies. In 1922, the Amateur Athletic Union, a male organization, voted itself in control of women's athletics, and within a few years every state athletic association had eliminated competitive high school sports for women. And the women's division of the National Amateur Athletic Federation, a coalition of church and social groups led by Mrs. Herbert Hoover, lobbied so successfully against women's sports that by 1930 the percentage of colleges sponsoring varsity competitions for women students had dropped to an alarming 12 percent. By the end of World War II, sports had become almost totally a masculine preserve. Not until the King/Riggs match did another golden age seem possible.

Now, with the telecasts of the two Women's Superstars programs, millions of Americans will get to know and appreciate the skill of such top athletes as Joan Joyce, considered by some observers to be the best softball pitcher, male or female, in the United States. Barbara Ferrell will have a chance to emerge from the relative obscurity that overtakes former Olympic track stars. America will know that Laura Blears Ching is a super surfer, Karen Logan a marvelous basketball player and Judy Soutar a high-scoring professional bowler.

But above all, as Billie Jean King herself points out, these events "will provide publicity for great women athletes—which I hope will increase prestige and respect for *all* women who participate in sports."

CONTINUED

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Top, L–R: Cathy Rigby, Olympic gymnast, World Games medalist.

Suzy Chaffee, former Olympic ski captain, World Champion.

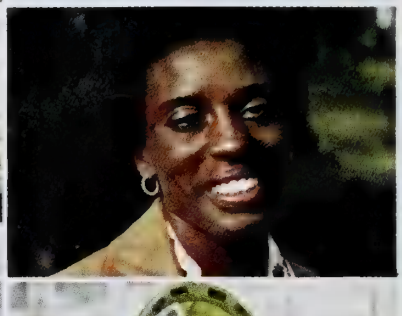
Debbie Lawler, holder of world record, indoor motorcycle jump.

Below: Wyomia Tyus, 3-time Olympic sprint champion.

Right: Laura Blears Ching, 1972 Makaha International Women's Surfing Champion.



Above: Barbara O'Brien, quarterback, Dallas Bluebonnets.





Above: Barbara Cochran, Olympic gold medalist, U. of Vermont ski coach. Below: Dianne Holum, World Champion speedskater.

Left: Bowler Paula Sperber, winner, 1971 U.S. Women's Open.



SUPERSTARS: HOW THEY KEEP FIT

BY KATHLEEN D. FURY

Once upon a time, femininity meant fragility. Women were supposed to stay out of the sun, avoid overexertion and swoon easily. As the saying went, "Horses sweat, men perspire, women glow." But that's all changed now, thanks in large part to the women athletes whose skill and determination have taken them to the top of their sports. Today, more and more women proudly glow from good health and physical fitness—and aren't ashamed to work up a good healthy sweat, either—as they compete on the tennis court or out on the baseball diamond.

The Superstars, women who excel in their sports, prove that there's nothing the least bit "unfeminine" about using muscles, and that being in top form doesn't mean looking like a weight-lifter (unless you happen to *be* a weight-lifter). Taking pride in one's body is important for women who want to feel better about themselves in every way.

As these athletes prepared for their Superstar competition, we asked them to talk about how they keep in shape. A surprising number of them, we found, don't follow a rigid program of traditional exercise. Instead, they keep fit by participating regularly in other sports. As skier Suzy Chaffee says, "Noncreative exercises are really hard to do."

So bowler Paula Sperber also plays tennis and golf, and joins in a weekly softball game. Cathy Rigby took up tennis, swimming and ballet when she stopped competing in gymnastic events. Karen Logan, who plays guard for the Pink Panthers basketball team all winter, spends her summers riding her 10-speed bike everywhere instead of driving. And Olympic runner Barbara Ferrell counts dancing as part of her keep-fit program.

But even these women acknowledge the need to do some kind of routine, conventional exercises. They have usually learned from experience the consequences of "letting down." Says Cathy Rigby, "I could spend months working up to a gymnastic routine, then lose my endurance in one week if I stopped."

Micki King, who now coaches the all-male diving team at the U.S. Air Force Academy, says "You can't exercise 'sort of.' It must *(continued)*

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Left: Olympic figure skater Janet Lynn, 5 times U.S. Champion, Ice Follies star.



Right: Golfer Jane Blalock, winner 1972 Colgate-Dinah Shore Tournament.









Above: Karen Logan, leading scorer, Pink Panthers basketball team. Below: Golfer Sandra Palmer, winner of 12 LPGA tournaments.

Above: Micki King, Olympic diving champion, Air Force Academy coach. Below: Joan Joyce, championship pitcher, Raybestos Brackettes.





Above: Swimmer Debbie Meyer, winner, 3 Olympic gold medals, '68 U.S. freestyle champ. Right: Sprinter Barbara Ferrell, Olympic gold medalist, world record-holder.





Above: Auto racer Lella Lombardi, Italian Women's Champ 6 times.

Above: Judy Soutar, 1973 Bowler of the Year, leading money-winner.

be a part of your life—not just once or twice a week, but *every day*, as regular as brushing your teeth." Kiki Cutter, a championship skier, says that she feels "groggy" if she abandons her exercise routine for even one day.

Tennis champion Billie Jean King sees exercise as a form of punishment, at least for an athlete: "You practice till it hurts, then you work twice as hard." But Suzy Chaffee paints a brighter picture: "Exercise is like sex. You have to keep doing it to really enjoy it and reap all the benefits."

Judy Soutar, another professional bowler, had never followed a traditional exercise program until recently. Then, to prepare for the Superstar events, she began doing sit-ups and push-ups and jogging 1½ miles a day. The results, even for this already well-conditioned athlete? "I feel better than I ever have. I'm going to keep this up!"

The Superstars are quick to point out that perfect, all-around physical fitness is a goal few athletes achieve, so you needn't feel guilty because certain exercises are hard to do. Judy Soutar can't do sit-ups "unless somebody holds my legs down." Micki King has trouble with endurance exercises. Karen Logan does 100 push-ups easily but can't touch her toes, while softball star Joan Joyce says she can't do push-ups—"not even one."

If an athlete feels she is getting out of shape, is there one "best" exercise for all-around conditioning? Apparently so, because to a woman the Superstars replied: RUNNING. Golfer Sandra Palmer and skier Barbara Cochran agreed that running is definitely "one of the toughest things to do"—but one of the most important.

Wyomia Tyus, who brought home three Olympic gold medals with her running skill, has this advice for beginning joggers: "Start light, and gradually increase. Try not to run on pavement; the constant pounding isn't good for your leg muscles. Run in the early morning on a golf course, if you can. That's more interesting than running around the block."

Second to jogging as an all-around exercise, believes Billie Jean King, is swimming—"if you do it every day!" But if neither running nor swimming appeals to you, that's OK. "The most important thing," says Suzy Chaffee, "is to pick an activity *you'll* enjoy. If you hate the cold, don't ski; if you're easily bored, don't do calisthenics. Remember, sports can be much more than just exercise—they add a whole new dimension to your life."

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THE SUPERSTARS FOR WOMEN

LHJ's SIX-MINUTE FITNESS PLAN



Illustrations by Charles Santore

Being physically fit doesn't necessarily mean being a sports superstar. Being fit can also mean having good muscle and skin tone, a reasonable degree of flexibility and enough lung capacity so that it doesn't feel like you're conquering Everest every time you climb a flight of stairs. Being physically fit not only means you'll look better, it means you'll feel better, have more energy and endurance and feel less tension.

The key to fitness (for otherwise healthy people) is *regular* exercise. Unfortunately, a lot of people are under the illusion that they are getting enough exercise in the course of their daily round of activities. But the fact is that unless you're a road construction worker or telephone lineman it probably isn't so. Sitting behind a desk, washing dishes or driving in the car pool doesn't provide the kind of head-to-toe exercise your body needs to stay in shape. Nor does a weekend spurt of activity. Weekend warriors may do more harm than good to themselves. Torn ligaments, pulled muscles, uncomfortable aches and undue heart strain are the risks of weekends-only exercise. What's more, since your body can't "store" exercise, your weekend's work will only last about three days. A simple daily exercise routine is safer and more effective than a one-hour Saturday jog!

If you have any questions about whether you're in shape, ask yourself the following questions:

- Can you run in place for at least one minute?
- When is the last time you worked your body into a sweat? In the last 24 hours? The last week? The last month?
- Can you touch your lower ankles easily? Your toes?
- Can you do a deep-knee bend without holding on to a support to get up?
- Can you do three sit-ups? One real push-up?
- If your family wanted to go on an all-day hike, would you agree to go?

The more "no" answers you came up with, the faster you should start on an exercise program.

Most of us are too busy—or too lazy—to embark on an elaborate daily exercise routine. In cooperation with the President's Council on Physical Fitness we prepared a realistic daily routine that pares things down to the bare essentials. The LHJ Plan takes about six minutes a day (perhaps a few more until you get it down pat). It requires no special equipment, clothing, or books. It is simply a carefully calculated set of easy-to-do exercises that give your body the head-to-toe workout it needs every day. The Six-Minutes-a-Day Plan provides your body with its MDR—Minimum Daily Requirement—of exercise, keeping your body firm and well-toned.

As with any program of physical exertion, it's wise to check with your doctor before beginning. Turn to the next two pages for your Instruction Chart. We've deliberately designed the chart to be self-contained so you can paste it up on the side of the refrigerator or the bedroom closet door—wherever you think you'll see it most and be inspired to use it. By Maureen Lynch, Health and Beauty Editor.

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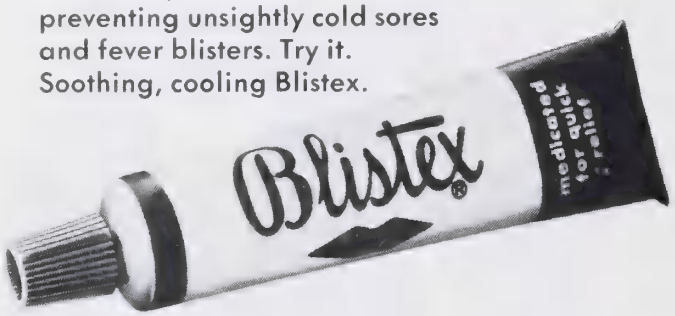
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THE HOLLYWOOD DIET
continued

cases, perhaps an appetite suppressant prescribed by a physician.

Because he has found that each individual reacts differently to foods, Dr. Saginor does not base his diet on calories. "I learned that calorie counting is not necessarily accurate, and that calories are disposed of and utilized differently in individuals. So I don't pay a great deal of attention to calories any more."

Instead, Dr. Saginor just lists the foods from which you select your three meals a day. Common sense should be your guide. During the first week, you are allowed no eggs, only one grapefruit or a cantaloupe each day, and farmer, pot or low-fat cottage cheese. During the second week, you can add eggs, more fruit and skim-milk hard cheese to your diet (see the diet itself).

"My diet results in a loss of two or two and a half pounds a week—often considerably more. I ask my patients to weigh themselves only once a week—not every day. This prevents them from becoming discouraged, because weight can fluctuate from day to day. Weight is lost not in a straight line but in daily ups and downs. Daily ups and downs will turn into downs on a weekly basis.

"Because various problems will surface during the dieting period, I tell my patients not to have any qualms about going on vacation, for example, while on the weight-loss plan. If a vacationer gains three or four pounds, she can attack her diet with enthusiasm on her return."

Another key to The Hollywood Diet is the elimination of beef from the allowed meats. "I have had people start eating beef on my diet and stop losing weight immediately," Dr. Saginor says, adding that the reason is not only the fat content of the meat but could also be the ingestion of hormones by the cattle that could be responsible for the inability of many persons to assimilate beef. If eating beef does not keep a patient from losing weight, then she may eat it once or twice a week. If you must drink while on your diet, the doctor suggests one 6-oz. glass of white wine a day. Bread and potatoes, which are high in carbohydrates, are omitted from the diet. The doctor says carbohydrates cause the body to absorb water, which inhibits weight loss. Skim milk is also omitted because the doctor feels it is better to get your protein (and calories) from more filling skim-milk cheeses. Along with the lists of foods you can eat on his diet, Dr. Saginor also gives his patients his recipe for "Super Soup," which you'll find at the end of this article. The soup makes a delicious diet lunch or dinner.

Dr. Saginor recommends exercise with his weight reduction program—if the patient is up to it and feels better for having exercised. The best way to find your exercise capacity, he says, is to ask your own doctor.

In his practice, Dr. Saginor has fou that women taking estrogen have a mo difficult time losing weight because h mones help the body retain salt a water. The more estrogen a wom takes, the more water she retains. Lo dosage birth-control pills, he says, a not a factor in weight reduction.

"We know enough now"

In all cases, Dr. Saginor insists th overweight men and women should di only under medical supervision and r frain from taking any diet drugs exce by prescription from a qualified phy cian. "There is no reason why anyo should be obese today," he conclude "We know enough about diet and nut tion and generally safe medications f appetite control now to keep everyo at a base-line weight he and she can li with forever."

Dr. Saginor, an internist specializi in endocrinology (gland functions feels very strongly that obesity, like h pertension and diabetes, is a disease. " a patient is told she must be treated f a disease, she is willing to report to h doctor at regular intervals for checku and medications. Seriously overweig persons should be willing to make t same commitment." And, says D Saginor, "medical insurance should cov weight reduction treatment and medic tion, just as it covers other diseases

DR. SAGINOR'S "SUPER SOUP"

Dr. Saginor suggests Super Soup as a entire diet meal—once a week if possibl

8 packets or cubes instant beef or chicken broth
6 cups water
½ onion, sliced or chopped
2 medium carrots, sliced
8 (about ¼ lb.) mushrooms, sliced
4 ribs celery, chopped
½ bunch fresh mustard greens, chopped or 1 package (6 oz.) frozen Chinese mustard greens
1 medium zucchini, sliced
¼ lb. fresh Chinese pea pods or 1 package (6 oz.) frozen Chinese pea pods
½ bunch spinach, chopped or 1 package (10 oz.) frozen chopped spinach
½ teaspoon dill weed
½ teaspoon sweet basil
¼ teaspoon parsley
Salt and freshly ground pep
Parmesan cheese, grated

Dissolve broth in the w ep- a boil in a 5-quart sauce and carrots to broth and n on slo boil until they are soft. Keeping broth a a simmer, add mushrooms, celery, mu tard greens and zucchini. Add Chines pea pods, and spinach during last 5 mi utes of cooking time. Vegetables *shoul not be overcooked.* Taste for seasonin and add herbs and spices.

Garnish with grated Parmesan chees This makes about 4 servings. **En**

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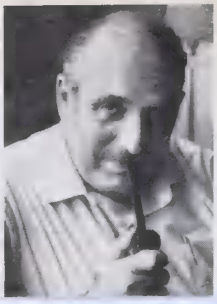
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DR. RUBIN: WAYS FOR US TO BE HAPPIER



While you are drawing up your own list of 1975 resolutions, why not include these suggestions that would be good for you—and for the country, too?

By Theodore I. Rubin, M.D.

New Year's resolutions usually involve one's own values and goals, but this year, in addition to personal items, perhaps we may consider changes that would be good for ourselves and for society, too. Here are a few suggestions:

1. **Full-time motherhood** would be upgraded so that women who elect to spend their days raising their children will feel a surge of self-worth. Lately, too many people have put down motherhood, so that many women who choose maternity are made to feel unworthy. True freedom comes from choice, and women who opt for motherhood should have the right to be full-time or part-time mothers—with full acceptance by society, whatever the choice.

2. Mothers would have restored faith in their own feelings and decisions about raising children instead of relying on so-called experts who often dish out pseudo-intellectual claptrap. In 1975, let's all also learn to discriminate between real and fake expertise. Keep in mind that just because someone has become a celebrity in the entertainment business does not mean that he or she is an expert in any area he or she is asked to talk about on a TV or radio talk show.

3. Mothers must realize that, as important as their children are, it is at least as important that women take time and energy to tend to their own personal needs and pleasures without feeling guilty that they are "wasting" time.

4. **Family life** ought to become more important and, with it, build the warm emotions and emotional security that are so vital to all of us. At the same time that we encourage family life, we must avoid smothering togetherness or loss of individuality among family members.

5. We need to respect ourselves more. Self-respect is an invaluable emotion because it leads to mutual respect and love—and that mutual love leads to more self-respect and mutual love. This is a very important cycle in our quest for happiness and healthy emotional lives.

6. Let's drop our stiff upper lip. Hiding feelings from others and from ourselves does not make us better people. It is healthier to express feelings—whatever they are—rather than to bury them inside, where they will fester until they boil over unexpectedly. We must learn to talk to one another so that we can bring feelings out into the open, where they can be understood.

7. Let us learn to enjoy the available things of life, such as fresh air, good food, sex, friends, etc., and to take pride in our own personal and creative skills. I mean our spontaneous enterprises—a sense of humor, an ability to have fun, and the ability to find something good in a situation that seems all bad.

8. Let us become more concerned with our own personal happiness than in self-glorification. We deserve what makes us happy rather than what will win us the most friends. At the same time, however, our personal happiness must not destroy other human beings.

9. We ought to become less concerned about being masculine or feminine and be more concerned about being human beings. Women and men are equally intelligent and equally capable in all endeavors: they are equally endowed with all the human attributes and are equally entitled to full participation in all areas of human life.

10. Let's remember that the human condition includes suspicion, competition, cynicism, jealousy and envy, and that it also includes concern, gentleness, love and integrity. We must accept all that is human about ourselves and others.

11. The process of education must be upgraded, and with it would come renewed respect for teachers, and the teaching profession.

12. **A job well done** and pride in good workmanship should be our goals rather than the prize awarded at the end of that job. Unless we can take healthy pride in what we do and how we do it, there's little point in doing it.

13. We must exercise greater care in establishing friendships and remember that we cannot keep friends without give and take on both sides. However, when we find that a friendship is too one-sided or destructive, we must give ourselves the freedom to end that relationship.

14. Let's take better care of ourselves by giving up destructive addictions, whether they be to drugs, overeating, drinking, work or the quest for power, prestige or perfection. Let's have regular medical checkups, get psychiatric help for emotional problems, and indulge ourselves more in rest, "mindless" activities and exercise.

15. **Show greater respect** for the ag process. Such respect will lessen our c ture's worship of youth.

16. Have the courage to accept a face up to our social problems and take part in helping to solve them.

17. Let's encourage our news p grams to feature good news along w the bad, and to exercise better taste. film a weeping mother and then ask h she feels while firemen are removing charred remains of her dead child more than bad taste; it is ruthless, distic and exploitive.

18. Patience is indeed a virtue. member that worthwhile things t time, so we should not become self- risive or discouraged when things not happen "on schedule."

19. **Courtesy and good manr** should return to our lives—especiall we live in large cities where good m ners have almost disappeared.

20. Our social consciousness must crease in even the small things of eve day life. This means garbage in the g bage pails, conservation of electric fuel and water and care in burn waste. In our quest for a better l nothing is insignificant.

21. **Let's appreciate our cour more.** We must all realize that we living in and participating in the de opment and growth of the world's gr est democratic and free society—a pr lege that should feed our humility rat than increase foolish pride and a gance. We must accept the fact that citizens, regardless of race, color creed, *are* citizens, and as such are titled to all the benefits of citizens (along with all the responsibiliti Voting, which is both an obligation a privilege, must not be taken for gra ed. We must carefully choose our rep sentatives, support them and remain vilant that they do not betray our tr Such action by voters will make po cians treat us with more respect.

I know that there can never b utopia because the world is inhabi by humans who have human faults frailties; nor do I expect these chan I've mentioned to come to fruition their entirety. But any construct change, no matter how small, by anyo is an improvement—not only for t person, but for the whole world.

As a regular feature, Dr. Rubin answ questions on your personal, marri family, and emotional problems. doctor is a well-known psychoana who practices in New York. He is the author of SHRINK! *(Popular brary). If you have questions for Rubin to answer in his column, ple address them to him in care of Lad Home Journal, 641 Lexington Ave., N York, N.Y. 10022. We regret that letters selected for use in the colu can be answered.*


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30 WAYS TO LIVE ON LESS$

BY SYLVIA PORTER

President Ford enlisted her aid in the fight against inflation. Now the Journal's distinguished money-management expert offers dozens of useful hints that are designed to make your dollars go much further.

$AVING ON YOUR CAR

1. A good time to get a bargain in a new car is three to four months after the announcement date (generally late September) for the new models—which means right now. By this time, winter sluggishness has set in and car buying is at a low ebb, but cars are still rolling off the assembly lines and inventories start to bulge. Another prime time is during a blizzard, or after a spell of bad weather that has reduced the flow of customers to the car dealer's showroom. Often, dealers find they are short of working cash at these times (business falls off in the service department, too) and will offer big discounts to boost sales.

2. Shop for automobile insurance separately. Don't merely accept the package offered by an automobile dealer, for very possibly you will find that your regular insurance agent will offer the same coverage at a lower cost. Don't let yourself be pushed into a costly credit life insurance provision. This would pay off the car loan in the event of your death, but the cost of credit life insurance tends to be relatively far greater than that of your regular life insurance, which should be sufficient to pay off your smaller debts.

3. Form a car pool for commuting to work, and arrange a monthly contract with a downtown garage so it won't matter whose car is parked each day. Quite a few garages will do this for you—and some will provide movable plastic stickers so car poolers can take turns during the month. In some cases, a car pool can be less expensive than public transportation.

4. If you cannot wait to see the mechanic who is repairing your car, leave a note on your windshield, describing what you want done if you have particular services in mind, and problem symptoms if a diagnosis is necessary. Leave your name and phone number, with instructions such as: "Call me before making additional repairs." Also, whenever you deal with the service writer in a large repair shop, make your own list of what you want done, date it and sign it. This will protect you from having additions made to the service order after you leave and will permit you to refuse to pay for work you did not request.

5. Buy tires that are "cosmetically blemished" (with smudged white sidewalls, for example); these are not safety rejects if they have the initials "DOT" (Department of Transportation) on the sidewall. Often they are a bargain, although they may be sold with a reduced warranty or without any warranty at all.

6. Once you have decided which tires you want to buy, do not automatically permit the tire dealer to put the tires on your car—until you know what, if anything, he will charge for this service. Exorbitant tire mounting fees can wipe out any savings you may have achieved in the tire purchase—and then some. If the charge is more than a couple of dollars per wheel, simply take the job to another service station.

7. Have your own used tires retreaded, since you know how they have been used (or abused) to date. Having your own casings recapped

(continued on page 45)



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KEN SOUP, ½ cup WATER, ¼ cup MAYONNAISE, 1 tsp. PARSLEY FLAKES, ½ tsp. POULTRY SEASONING and ⅛ tsp. PEPPER. Blend until smooth. Pour sauce over hot potato mixture. Add 1 package (10 oz.) frozen MIXED VEGETABLES, thawed, and 3 cups cooked, diced TURKEY. Bring to boil, stirring carefully, and simmer 10 minutes. Serves 5.

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ntinued

r a good recapping firm. An excellent ay to avoid the risks of poor-quality ork is to deal with firms that also do et work—e.g., for taxi companies or overnment agencies.

Check with utmost care when you nt a car, for car rental costs vary wide- from company to company. To illus- te, in 1974 the daily rental rate of a mpact car in one major U.S. city nged from $7, plus 10¢ a mile, to $14, us 14¢ a mile. Thus, if you drove Com- ct "A" 200 miles a day, the daily cost s $27—against $42 a day for Compact " rented from another company. Over ive-day period, this difference amount- to $75.

VING IN YOUR HOME

If you're building a house, try to de- gn economies into it. For example, a o-story house costs less to build, per ot of floor space, than a one-story use. A rectangular floor plan costs less an a U-shaped, L-shaped or other- aped house. Standard gable roofs tend be less expensive than other types of ofs. Using treated wood instead of asonry for the foundation—a technique proved by the FHA—can save several ndred dollars.

. Before you buy or rent, be sure to lculate your commuting costs for a ar and compare these with commut- g costs from houses in other communi- s that you are considering. These costs n range from $1 to $10 or more a day. so, figure on these costs rising fairly eeply in the years ahead. If, through e choice of a neighborhood, you could minate just $1 from the daily commu- tion, this could add up to savings of 50 or more a year.

. Don't overlook the fact that a fire- ace, cozy and romantic as it may be, among the least efficient sources of me heat. Reason: it may take all night a fire you've enjoyed for only a few ening hours to die down, and during is time more heat goes up the chimney an the heat your fireplace provided ile it was blazing. Always use your eplace with restraint and, when you're t using it, close the damper. Or if you n't have a damper, block the opening th a sheet of plywood or with an in- lating board.

. To cut your heating bills, maintain e proper degree of humidity in your me. You can be comfortable with a mperature of 68 if your humidity level between 45 and 50 percent, but you'll ed a heat level of 78 if your humidity ops to less than 25 percent. If neces- ry, install a humidifier.

13. If you're selling your house, first invest in minor improvements both inside and outside, such as repairing cracks in the plaster, washing dirty walls, doing a limited amount of painting, fixing broken tiles and leaky faucets, replacing ripped screens, etc. If it's summertime and the house feels like an oven, it may be worth while to invest in a second-hand room air conditioner. Often $100 spent for such improvements can return you $1,000 in your sale price.

14. If you are a do-it-yourselfer on home improvements, don't buy sophisticated, costly tools unless you will use them extensively in the future. Try to rent them instead.

15. If you're moving, try to avoid scheduling your move between June and the end of September. The best times to move are between mid-October and mid-May and during the second or third week of the month. Also, try to give the mover at least 30 to 45 days' notice and some choice of moving days. Try not to schedule your move on the first or last day of the month—the most active moving days, when many leases expire. Simply by timing your move properly, you'll save 10 to 15 percent on some carriers—and also get far more efficient service.

$AVING ON FOOD

16. The best way to save on meat is to shop regularly and *seriously* for meat specials and stock your home freezer with your purchases. You can save as much as one third on your meat bills simply by buying meat at special rather than regular prices. When you shop for advertised meat specials, make sure the price marked on the package reflects the advertised special. If you can't find any packages left at the special price, remind the supermarket manager that a Federal Trade Commission rule requires that advertised specials be adequately stocked at or below the advertised special prices. At the very least, you should get a rain check.

17. Check what "family packs" are available—such as bulk hamburger, chops, chicken. Meat in larger quantities is almost invariably offered at lower prices than in smaller packages. You always can do a bit of home butchering—for example, cutting your own rich steaks from an extra-thick roast beef or cutting a whole pork loin three ways. (An inexpensive hack saw with a good blade will substitute for a butcher's saw when you have to cut through bone.) You can then use the center section as chops, which will cost you considerably less than if you buy the chops in a package by themselves. Or, if you buy bologna, buy it in a chunk. By slicing it at home, you may cut as much as 10¢ a pound from the piece.

18. Ask your local store to order food for you by the case. This can add up to a considerable saving, especially if you buy frozen food and fill your freezer. Canned goods by the case also are a good buy.

19. You can save an impressive amount on meats merely by roasting them at no more than 300 to 325°. They will shrink less and be tenderer and easier to carve. Remember, the higher the temperature of your oven, the more your meats will shrink. Actually, you will save simply by learning the cooking rules in your cookbook.

20. Take fullest advantage of unit pricing. The next time you go grocery shopping, look on the edge of the shelf under an article you are considering buying. If the store uses unit pricing, you will find a label which tells the cost per pound, pint, number, etc. From this information, you can calculate which is the better buy. Note: The larger size is not always the best buy.

$AVING ON CLOTHING

21. Save 30 to 50 percent on your clothing budget by buying clothes off season. After Christmas (right now) is a major period for storewide clearance sales. After Easter and after July 4 are good, too.

22. Plan your wardrobe with more than one purpose in mind. In men's clothes, a top-notch buy is a raincoat with a detachable lining. Without the lining, it can double as a topcoat in mild weather, and with the lining it can be worn through the coldest weather. Women's raincoats with detachable linings can be equally good buys. Another bargain is a tweed suit with a coat that can double as a good-looking jacket to wear with slacks. Or a flannel suit with pants that can be worn with other jackets, or jackets that can be worn with other pants.

23. Choose simple, traditional-style shoes. A simply styled shoe may cost one third less than its high-style counterpart. And stick to darker colors; they look better for a longer time than lighter colors. Save money in men's shoes by buying those with rubber-type soles.

24. Buy certain items in quantity, saving you 10 to 30 percent. For example, if you buy six pairs of the same type and color panty hose, stockings or socks, you can match and prolong the useful life of each item. You can cut one leg out of a pair of panty hose when it runs, then one leg out of another pair, and wear both "good" legs.

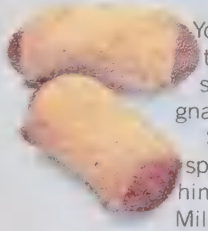
$AVING ON HOSPITAL BILLS

25. Ask your physician if it's possible to have some of your routine lab tests done

(continued on page 96)

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Milk-Bone® Dog Treats. The hot dog shaped treat for dogs.



Your dog does lots of special little things for you. Like getting your slippers. Fetching the paper. And not gnawing the leg off your favorite table.

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So when your dog does something a little special, give him a dog that's a little special. Hot dog shaped Dog Treats from the Milk-Bone people.



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TRICKS FOR TOTS TO TEENS

continued from page 75

1. Stuck-Up Curtains

You need: Felt for curtain panels, felt scraps in other colors or non-raveling, patterned fabrics from which to cut out designs; glue; curtain clips and curtain rod; scissors.

Now begin:

1. Measure the window to be covered. Cut felt to right length.
2. Cut designs from fabric or felt scraps. Glue designs to curtain.
3. Attach clip-on curtain rings to the top end of each curtain panel, and hang on rod.

2. Card Trick Shade

You need: Old, incomplete decks of playing cards, glue, string or fishing line or heavy thread, scissors, cup hooks or screw eyes or stapler for hanging.

Now begin:

1. Cut a piece of string that is the length of your window, plus 6 more inches.
2. Put a dab of glue onto the center of the side of the card that does not have the picture. Spread glue by smearing two cards together.
3. Put the string onto the center of the card and glue the other card onto it (back-to-back—one card on each side of the string). Continue until you have made a chain.
4. Make enough chains to cover window.
5. Hang from cup hooks or screw eyes, or staple to frame.

3. Paint a Picture Shade

You need: A white or solid color window shade (a plastic window shade sometimes will not hold the paint; therefore, test the paint in an out-of-the-way spot near the roller to make sure it will go on the shade), paint, paint brush, pencil or chalk.

Now begin:

1. Stretch out shade on a large, flat surface.
2. Sketch your picture on the shade using pencil or chalk. Copy ideas from a magazine or a picture book. Or make a design using colors that are already in your room. Draw a picture of the sky, the clouds, stars, or sun. Do an original idea of your own.
3. Paint your picture. Let it dry.
4. Hang shade in window.

4. Daisy-Doily Wall Mural

You need: Wide white tape (Mystic book tape or surgical tape), round white paper doilies, yellow marker, green tape (for stems), ruler, glue.

Now begin:

1. Measure length of tape for the pales of your fence, and cut your first length of tape. Cut the end of the length pointed as wooden fence paling is, and press sticky side of tape to wall. Cut second length, point end, and place on wall next to first. Continue until all fence is up.
2. Glue doilies on wall above fence. Color centers yellow with marker.
3. Add green tape stems and leaves.

5. My Own Bulletin Board

You need: A piece of corrugated cardboard or two pieces from carton—cut from carton in double thickness—or a piece of homosote that you can buy at lumberyard—cut to the size bulletin board you want (a practical size is 3 x 5 feet); a piece of covering material (washable plastic such as vinyl or oilcloth is best, but other fabric or wallpaper such as one to match your curtains or walls is also fine); glue; staple gun or thumbtacks; nails or clear plastic mirror brackets; scraps of material; ruler.

Now begin:

1. Cover cardboard or homosote with material the same size as board, plus 2 inches for overlap.
2. Glue on or attach covering with thumbtacks or staples.
3. Leave bulletin board this way, or decorate it by gluing on cut-out fabric letters to s your name.
4. Hang by nailing to wall or attaching clear plastic mirror clips.

6. Pillow Case Toy Bag

You need: A pillowcase (use one of a s color if you want to decorate it. You c use a patterned pillowcase, perhaps one matches your sheets or curtains, and step 1); acrylic paints, crayons, or per nent markers for decorating; scissors; l paper clip or safety pin; cord, string or bon; large button or bead.

Now begin:

1. Decorate the pillowcase with paint, c ons or permanent markers.
2. Cut a small opening in the top her pillowcase where you will pass a cor string through.
3. Cut a length of cord for the drawst that will be long enough for hanging the
4. Put bead or large button on one en cord or pin end to bag so that cord doe go through all the way. On the other en cord, attach a pin or paper clip to guide cord through the channel at top of bag.
5. When cord is threaded through, rem bead or button, or unpin end, and tie the ends of cord together.
6. Hang laundry bag from hook on wall

7. Shoe Bag Organizer

You need: An old or new shoebag; mate to decorate—paint, ribbons, fringe, stick markers.

Now begin:

1. Decorate shoebag.
2. Hang on wall near bed to hold s articles.

HINT: Tuck your eyeglasses in here w you go to bed.

8. Cut-Up Rug

You need: A package containing wal wall bathroom carpeting (it's simple to v

(continued on page

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TRICKS FOR TOTS TO TEENS
continued

with because it cuts easily and it doesn't ravel. For a smaller rug, use a new or old bathroom rug. Many can be easily cut without raveling); sharp scissors; pencil or chalk; buttons and yarn.
Now begin:
1. Unroll carpet on flat surface.
2. On wrong side of carpet, draw the outline of a single shape that you like.
3. Cut out shape with sharp scissors.
4. Glue on button eyes and yarn for whiskers.

9. Painted Rug
You need: Masking tape, pencil, chalk or crayon, tape measure, paint and markers.
Now begin:
1. Measure and mark off an area on your floor on which you would like to paint a "rug."
2. Put masking tape on the outside borders.
3. Paint inside the masked area. If your rug has a design, fill it in with markers.

10. Shelves That Bricks Build
You need: Bookshelves that you already have, or shelves cut to size for you at the lumberyard (if you are planning to paint or cover the shelves, buy the least expensive wood); bricks or cement blocks (find these at a building supply store), or large tin cans to separate and support shelves; covering for the shelves, if desired—paint, self-adhesive plastic, fabric and polyurethane; glue, thumbtacks or stapler; tapemeasure.
Now begin:
1. Prepare shelves. You can paint them, or cover them with self-adhesive plastic or with fabric sprayed with polyurethane. If you're covering the shelves, measure for covering and add 3 inches for overlap. Thumbtack staple or glue fabric to shelves; if the underside of the shelf is not going to show, you don't have to cover it.
2. Put supports (bricks, cement blocks or large tin cans) on floor, then a shelf, then more supports and another shelf.

11. Paper Cup Divider
You need: Styrofoam drinking cups, glue, tape measure or ruler.
Now begin:
1. Find out how many cups you'll need like this: Measure the height to be covered and divide by the height of one cup (example: if your divider should be 100 inches high and each cup is 10 inches high, you'll need 10 cups for each stack), or do one stack going all the way up to the ceiling and count how many cups you'll need. Round off your estimates to the next highest whole number. When you get to the top of the stack, you may have to trim down the last cup.
2. Apply glue to rims and bottoms of cups. Be sure that the glue goes where cups will touch each other. Wipe off excess glue with a damp cloth immediately. Glue together, rim-to-rim and bottom to bottom, four to six cups to form a section; wait until glue is perfectly dry before gluing sections together.
3. Assemble sections from floor or furniture top to ceiling, leaving out the very top cup. Glue each stack at the bottom, let dry a bit, then cut down the last cup so it exactly fits between the top of the stack and the ceiling. Apply glue and insert. The stacks should be an equal distance from each other—about ½ inch to 1 inch apart is good. Do as many stacks as needed to cover the area.

12. Light Switch Funny Face
You need: Paint, masking tape, markers, stickers, polyurethane.
Now begin:
1. Mask the area around the switchplate.
2. Paint the switchplate a solid color or several colors. Allow to dry.
3. Draw designs with markers.
4. Decorate with stickers or cutouts. Paint on a coat of polyurethane to protect cutouts and stickers or markers that are not permanent.

13. Buttoned-Up Looking Glass
You need: An old mirror in a frame, assorted buttons (or shells, or colored beads), glue, picture hanger.
Now begin:
1. Put glue all around frame of mirror; be careful not to get it on the mirror itself; if you do, wipe off with a dampened cloth before it dries.
2. Place buttons in glue on frame.
3. Attach hanger.

14. Happy Light
You need: Light bulbs that do not need shades—usually frosted ones—or glass globes (globes are glass coverings that go over bulbs); markers.
Now begin:
1. Draw faces on bulbs or on the outside of glass globes (use light-colored bulbs; faces won't show on dark ones).
2. Try other designs, and to get a different effect, draw on the inside of a globe with your markers.

15. Fancied-Up Fixture
You need: Shapes cut out from fabric, self-adhesive plastic, wallpaper, magazine picture, glue.
Now begin:
1. Glue shapes in an interesting way around fixtures.

16. Paper Plate Divider
You need: Paper plates, tape measure, ruler or yardstick, heavy thread, string or fishing line, cup hooks (or other small hooks or screw eyes) for hanging.
Now begin:
1. Measure area to be covered from top to bottom. After you do one string of plates you can figure out how many strings and how many plates you'll need. Cut strings to the length you have measured, plus about 6 inches for tying.
2. Put a dab of glue onto the back of a paper plate. Spread glue around using the back of a second plate.
3. Place string down the center of one plate, right into the glue.
4. Glue second plate on top of string (paper plates are back to back with string between).
5. Continue adding pairs of plates to string until you reach the length of divider that you require. Assemble as many strings as you need. Strings of plates should be placed an equal distance from one another when hung, with plate edges about an inch or apart.
6. Secure chains to floor and ceiling by tyi the strings to hooks or screw eyes screw into ceiling and floor.
HINT: Make the divider a picture galle Decorate the plates with magazine pictur pictures of friends or family, your own dra ings, cut into rounds that will fit the pl centers. Paste in place.

17. Shoe-Polished Stool
You need: A low, unfinished stool about inches high (make sure it is clean); one more bottles of dark shoe polish (brov black or blue) in a sponge dispenser bot wax or polyurethane.
Now begin:
1. Plan your design. Use a stencil or a p tern—or cover the whole stool with a fr hand design or with one color all over.
2. Press down hard on the sponge.
3. Wax for added shine, or coat with po urethane for extra protection.

18. Wallpaper Headboard
You need: A length of wallpaper, or s adhesive paper; a tape measure; pencil chalk; scissors; wallpaper paste and bru
Now begin:
1. Measure the width of your bed.
2. Join together two or more widths of wa paper, matching the pattern at the seams, you will have a piece as wide or wider th the width of the bed.
3. Draw the shape of headboard you want the wallpaper (draw a newspaper patt first and trace it on the wallpaper).
4. Cut out the wallpaper shape.
5. Brush glue on the reverse side of the wa paper, and apply the paper to the wall b of the head of your bed. Smooth the pa from the center toward the outside edges.

19. Postered Wastebasket
You need: A discarded wastebasket, a la metal can or a cardboard box the size o wastebasket; enough posters to cover basket (some substitutes are magazine p tures, your own drawings, wrapping pap left-over pieces of wallpaper or fabric); g and a brush or spray adhesive; a spon paper cup; polyurethane; scissors.
Now begin:
1. Put some glue into a paper cup. Add h as much water. This will dilute white g and make it much easier to apply. Or spray adhesive.

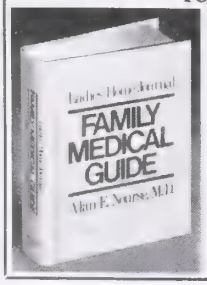
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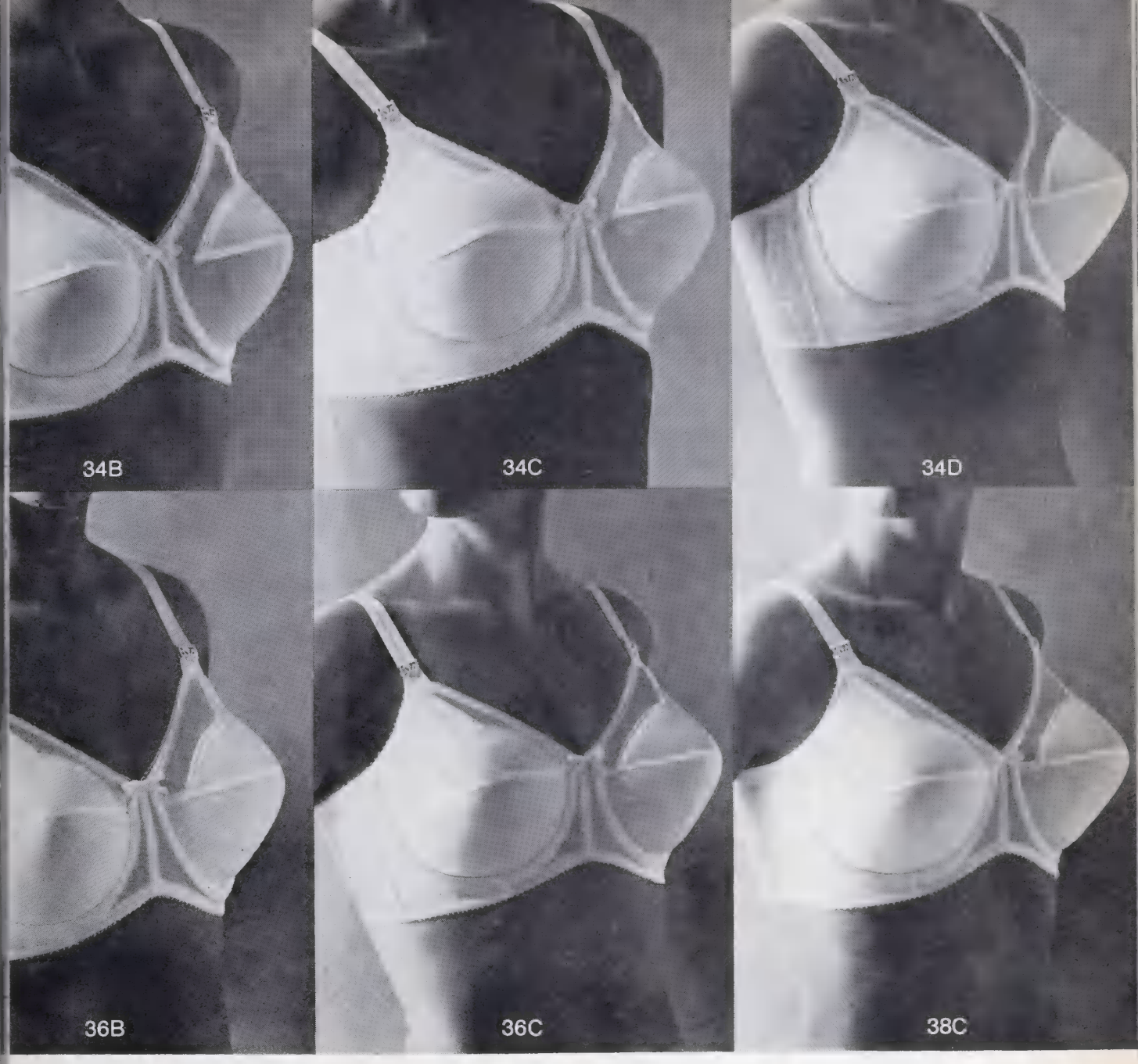
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Millions know Ali MacGraw as a glamorous movie star (and wife of Steve McQueen). But few realize that she is also a sensitive writer who has written and illustrated several private books that she has presented to special friends. However, she has never permitted her work to be published —until now. This poem—the first Ali has ever written—was done for "Wellesley After Images," published recently by the Wellesley College Club of Los Angeles to commemorate the school's 100th anniversary in 1975. Ali's poem represents her Class of 1960 and is reprinted here with her permission.

BY ALI MacGRAW McQUEEN

Reflections

Reflections:
Sanctuary.
Pre-Revolutionary
Tranquillity.

We need not be Ordinary.

Reflections:
Before Awareness,
Before Involvement.
(The cypress needs pruning
in the Hunnewell Garden.)
Will my allowance
Take me to Dartmouth?
(Or will I need it to get
home in June?)

Reflections:
All day painting
A record jacket for
"Le Sacre du Printemps"
(Before I really knew what
that was).

Reflections:
My definitive treatise on
the Wellesley Diptych,
As well as
The Hungarian Uprising
and the Suez Crisis,
Causes and Effects of
In forty minutes.

Definitive,
Again.

Reflections:
Of a certainty
That we could learn about
everything,
Without ever realizing
That we might never know
anything.

Dogwood
And
Golden maple-leaves
And
Bermuda shorts in a blizzard
(With icy-pink knees,
But who would admit it?)

Reflections:
Of cream-colored flannels
Long past
When I invented them.

Of College:
Days suspended
Between
Childhood
And
Life.

Protected.
Isolated.
Manicured.
And
Safe.

Were we surprised?
Were we committed?
Weren't we
Innocent?

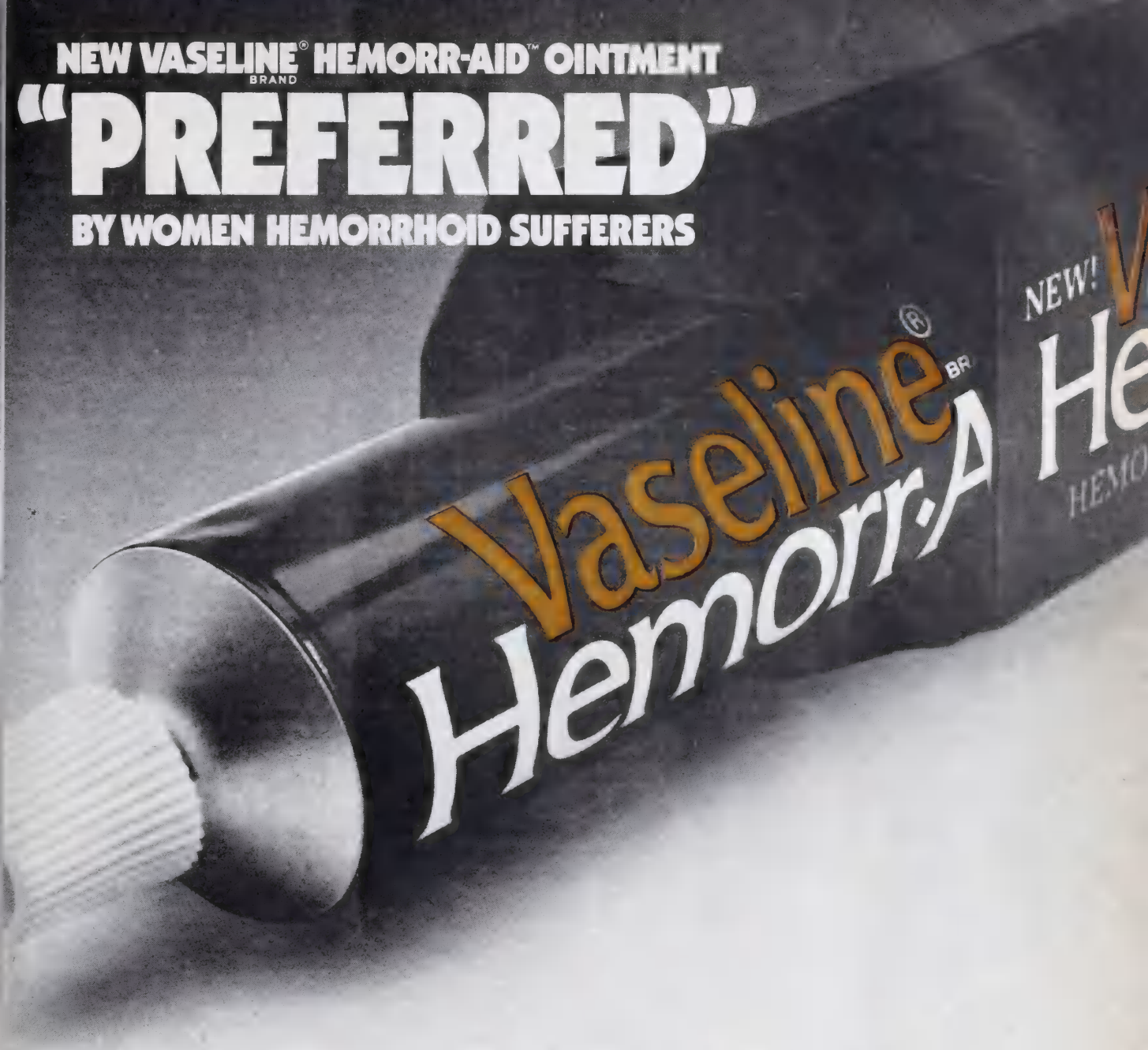
Reflections
Of a
Long-Ago Time.

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Remembering Jacqueline Susann

By Rex Reed



A great writer's unforgettable memoir of a gallant friend—and the terrible secrets she kept for so many years.

I sit in the lemon-yellow library, 24 stories above Central Park, staring at the bookcase. Stuffed between *The Brothers Karamazov* and *The History of Dirty Words* is a peculiar volume of unusual size, simply bound in copper. The words on its spine say:

JACQUELINE SUSANN
(1921–1974)

I pick it up. It is cold and heavy, and when I turn it upside down, I can feel the hermetically-sealed ashes and splinters of bone inside, moving softly around like bread crumbs. That is all there is left of the best-selling fiction writer in the history of the world. The finality sets in hard, and it is a long time before I can swallow.

I look around the room. In an atmosphere where the celebrated and the rich and powerful people soared through her parties the way her books about them soared to the top of the best-seller lists, an unnatural calm has asserted itself upon the once-gay ambience—like bad breath in a crowded elevator. The kitchen fridge that always gushed forth caviar and champagne is almost empty, except for a can of Tab and the limp plastic bag of ice from a local delicatessen. In a corner where I once watched Barbara Walters move in for the kill with Clifford Irving, only a framed best-seller list from *The New York Times* remains as a memory of the good old days.

Then I see Irving. It was never just Jackie. It was always Jackie and Irving. Now Irving Mansfield, whose marriage to a flaming success lasted 30 years, sits unshaven, quietly feeding the poodle Joseph and fingering through the stacks of hospital bills and telegrams from people such as the Duchess of Windsor and Princess Grace. It was Irving who gave up his own career as a television producer and made Jackie five million dollars and a household name. And it is Irving who will carry on the legacy she left behind. He can do it.

It makes me feel good, knowing that. Because Jackie Susann is dead, but not gone. "It's a pity nobody ever erects a monument to businessmen and housewives," she used to say. "Songwriters live on every time you put a quarter in a jukebox. Actors' movies are run forever on the Late Show. Painters hang in museums as reminders to future generations of art lovers. And writers live on bookshelves. I'm lucky, because even after I'm gone, I'll still be around. But what about the ordinary people?"

There was never anything ordinary about Jackie Susann. She had a comfortable childhood near Philadelphia's Rittenhouse Square, where her father, portrait painter Robert Susann, got $5,000 a commission from society matrons, merchant princes and Booth Tarkington. Her mother, Rose, was a retired public-school teacher. When she was in the fifth grade, Jackie's teacher tested her IQ at 140 and told her mother, "Jackie should be a writer. She breaks all the rules, but it works." An only child, she was always obsessed with carrying on the family name and decided that the best way to be famous was to become an actress. When she was 16, her parents gave her a train ticket to New York and some good advice. "Be a people-watcher," said her father. "And always give people a second chance."

Her first major role was with Eddie Cantor in *Banjo Eyes*, which opened Christmas night, 1941. Jackie played Cantor's secretary. A week before the show opened, Cantor took her to Lindy's and informed her: "We're cutting one of your two scenes." Jackie started to cry. "But Mr. Cantor, this is my big moment in the show." "Sorry," said the star, "but it's out." Then Jackie got mad. She threw a plate of scrambled eggs in his face. "Gee," said Cantor, wiping the yolks off his eyebrows, "I didn't know you didn't like scrambled eggs." They both fell apart with laughter, and Jackie kept both of her two scenes. From the beginning, she wasn't afraid of anything.

The acting career didn't work out. She tried to follow her father's advice and be a people-watcher, but she was too pretty and too glamorous, so she always ended up playing rich divorcées who got murdered in the first act. She didn't care. She was having lunch with Walter Winchell, dinner with *(continued)*

For the memories of another close friend of Jacqueline Susann—actress Doris Day—see page 58.



"Hoover packed a 'free Tide' coupon in my new washer. But that's not why I use Tide.

Tami is. I was glad Hoover packed that coupon, but I use Tide because it gets my children's clothes clean. Tami, my youngest, loves taking her shoes off and running down to the lake near our house. Sometimes the dirt gets really ground into her socks. But Tide gets Tami's things beautifully clean, even those awful socks. That's why I rely on Tide."

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King Size: 21 mg. "tar", 1.4 mg. nicotine;
100 mm: 21 mg. "tar", 1.5 mg. nicotine; av. per cigarette, FTC Report March '74.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

REMEMBERING JACKIE

continued

Billy Rose and keeping the Susann name alive. She married Irving when he was making $250 a week producing Fred Allen's radio show and they made all the columns. But Jackie wasn't satisfied. She wasn't famous enough. One day she flew into a temper because George Abbott turned her down for a part, and Eddie Cantor told her, "Kid, if you'd throw all that energy into something that would make you a success, they'd all say, 'We could've had her and we blew it!' " Jackie made that her philosophy and started writing.

She always refused to admit her age. One day she'd be 42, the next day 45. "Just say I was born in November, 1963, because that's when my first book, *Every Night, Josephine*, came out," she'd say. Write what you know, Irving told her, and all she knew was her poodle. Jackie spent nine years writing 240 pages about her that sold 35,000 hardcover copies and 1,700,000 paperbacks. It was her favorite book, and when she died she was hard at work on a sequel, *Good Night, Sweet Princess*. Josephine died in 1970, at the age of 16, and her ashes, like her Mom's, remain in a book. The difference is that Josephine's book is no bigger than a paperback, and it rests on the kitchen cabinet next to the new poodle's doggie biscuits. The book containing Jackie's ashes is the size of an encyclopedia.

If the literary saga of Jacqueline Susann began with *Every Night, Josephine*, so did her tragic medical history. When she finished the book, she took her mother on a trip around the world. On Christmas Eve, 1962, she was in Hong Kong. Sitting in the bathtub, she felt a lump in her right breast. She called her mother to come in and feel it. Mrs. Susann, without blinking an eye, summoned all those years of strength as a schoolteacher and calmly said, "Jackie, you've got to see a doctor." Jackie hated doctors, but she was worried. She called Irving from Honolulu. Irving made an appointment for her with a New York doctor.

Jackie's secret fear

Jackie put up a fight. Secretly, she was afraid Irving would stop loving her if she had a mastectomy. It was the fear many women face daily, and when the chips were down Jackie was no different from any other mortal. Irving said, "Jackie, I don't care if you have one breast, two breasts, or none. I love you. Don't do it for yourself, do it for *me*." It was malignant. The doctor recommended psychoanalysis, which he described as "customary in cancer cases." Jackie said, 'What's a shrink gonna do —teach me how to get my breast back For the first time they all laughed. Tl ice was broken. Six days later, she w home. Two months later, she was dri ing a car and playing nine holes of go She was back at the typewriter workir on the first draft of *Valley of the Dol* (Not even her closest friends suspect that when she was describing the ma tectomy in *Valley*, she was writing abo her own breast surgery.)

For ten years, she went without c balt treatments and chemotherap thinking the cancer cells had been a rested, and lived an absolutely norm life. Two years ago she developed strange cough. She thought she h bronchitis. She went to Mt. Sinai to cu the cough. I'll never forget the day arrived at the hospital unexpected The nurse said I could go right in, though the patient inside was sufferi from nothing more serious than a han nail. Jackie was in an oxygen tent. Irvi was white as Banquo's ghost. The was up. They had removed a piece her lung and the prognosis was neg tive. Cancer of the lungs and bronc

Every day for six weeks she endur the cobalt and chemotherapy trea ments, and for a while they really d think they had arrested the malignanc Those of us who knew respected h need for secrecy, her fierce pride and h gnawing terror of being treated like

and wounded animal. She had a suming pride and never wanted pathy. She kept her cancer a secret, as she kept the existence of her stic 21-year-old son Guy a secret n the prying press and curious out- rs. She was determined to live what- days were left with no sad songs on phonograph, no tears in her beer.

or years, Jackie had been making et bargains with God. Everyone ight writing was easy for her; some ner angriest critics accused her of ing out novels like cheese omelets. there were many nights in the pent- se above Central Park when she ked the living room alone, unable to p, the blood pounding in her temples h the pain-killers she took—moments e early morning hours full of anguish desperation, when nothing worked. would watch the sunrise over the , talk to the sculpture of her father dominated the living room ("Don't way, I'm getting a fresh drink, and e right back," she'd say) and make bargains with God.

he had an autistic child. She had eye tions, double pneumonia, bronchial ma, and now cancer. But she never plained. She stopped smoking in ary, 1968, paying off one debt. e she gave up drinking for Lent. year she gave up hashed brown toes for 12 whole months. She ised God if she made the best- r list with *Valley of the Dolls*, she'd up smoking. Then she got so nerv- going on the talk shows she had a rette in both hands. So she amended promise. She'd give God a month very week she stayed on the list. l, who would have thought she'd be for 65 weeks? Then Irving had a p removed from his intestines and romised God if it wasn't malignant l give up smoking for good. She ly made it, unaware that cancer was dy spreading throughout her body. g used to kid her about those bar- s, gingerly chiding: "You're treating like he was the William Morris ."

The immortality game

t Jackie plunged on, more deter- d than ever to immortalize her fa- s name. When *Once Is Not Enough* published, the dedication read "To rt Susann, who would understand." left the hospital on the day of pub- on, drove straight to the "Today" at 7 A.M., and chatted gaily with Shalit as though nothing had hap- d. Instead of taking to her bed and ng Camille, she launched a nation- publicity tour. In every city, she the name of a chemotherapist who rmed painful treatments between es and interviews with the press, of them hostile. They attacked her ding around in a chauffeured limou- sine on her book-promotion tours, and she never said a word. Secretly, she felt like a snob. But Irving kept the car in 24-hour service for protective purposes. You never could tell what might happen at two or four in the morning if she had to be rushed to the hospital.

It was her sense of humor that got her through everything, that plus the most indomitable willpower I have ever witnessed. Even in her agony, she didn't want to miss anything. One night in London she loaded herself with Demerol and went to dinner with Doris Day and Melina Mercouri because, although she felt lousy, she knew the press would be there and she didn't want the reporters to start rumors if she didn't show up.

It was like that with all of us who knew her. Jackie was loyal beyond description to her friends. She once said to me: "All I care about is my husband, my friends and my work—in that order. I like pretty clothes, but I hate shopping. I once had a lot of jewelry and everything was stolen. I never replaced it. I had a watch from Eddie Cantor that was inscribed, 'To my sixth daughter, Jackie!' and I was so upset about losing it that I developed a philosophy right then that I would never care that much about material possessions again. If I die, my royalties will take care of Irving and my son for the rest of their lives. That's all money means."

She never threw money around recklessly. She developed a crush on Emilio Pucci and wore his banana- *(continued)*



split nightmares long after they ceased to be fashionable. "Well, they're all paid for," she'd explain. "I can't just throw them all out." She had four mink coats and gave them all away. She never cooked, but preferred room service and sending out for Chinese. She never gave lavish dinner parties, and she never met anyone for lunch. "You can't be a writer and go to lunch," she'd scold when I'd ask her to meet me somewhere in the middle of the day. "It takes an hour to take a bath, then fifteen minutes to get there, then two hours talking gossip, then you see the same faces and come home at four drunk and exhausted, and have to take a two-hour nap. The whole day is shot and you've got nothing but blank pages in the typewriter."

Whether the critics liked her work or not, Jackie took her writing very seriously. She could be quite vain ("Maybe *Gone with the Wind* sold more copies than I have, but they didn't keep records in those days") and developed some lasting hatreds for critics she didn't respect. She once demolished critic John Simon on a talk show, threw a drink in Johnny Carson's face at a party (they later became friends), and openly attacked Dick Cavett for insulting her on camera. "With a little help, he could grow up to be Mason Reese," she sniffed. But even when she was bitchy, she did it with ladylike aplomb. The famous feud with Truman Capote, which began when he called her "a truckdriver in drag" on the Carson show, ended when she killed him off with charm. Appearing on the same show a few weeks later, Carson asked her what she thought of Truman. "I think he was one of our finest Presidents," she smiled sweetly, later adding that Capote was too fragile and vulnerable for her to cudgel openly. "Besides," she beamed, "an eagle never chases a butterfly."

Jackie and Tolstoy

What pained most critics was not what she wrote but how much money she made doing it. They didn't review her novels; they reviewed her. Always quick with a wise retort, Jackie once turned to a TV interviewer who had insinuated she was no Tolstoy and chirped: "There is a distinct difference—*my* books are interesting!" Millions of readers thought so. A new Jacqueline Susann novel meant seductive prose and succulent dialogue, lived and spoken by dying fashion models, ruthless television executives, horny astronauts, lonely millionaires, drug-crazed stars of nude rock musicals, suicidal Palm Beach hostesses, sex-starved secretaries, incestuous Mike Todd legends, reclusive lesbian movie stars, macho-drenched Ernest Hemingway writers, and speed-injecting Dr. Feelgoods. Never a dull moment, although not perhaps the kind of literature that wins honorary degrees or Pulitzer prizes.

Jackie cried all the way to the bank. When anyone asked if she thought her writing was important, she had her answer already memorized. "I don't write for artsy-craftsy critics. I write in order to communicate. A good writer is one who produces books that people read—someone who communicates. So if I'm selling millions, I must be good." Secretly, she was furious about her critics. But the fact that she communicated with more readers than any other fiction writer in the history of publishing will be the final test of her importance. Her books were better than most people credited them with being. They had warmth, humor, wit, sharply-defined characters, complex relationships, startling plot twists, hypnotic story lines, and enough thinly disguised public figures to keep cocktail parties guessing and every movie star in Hollywood fighting duels to get into the movie versions. If there were no simple folks in her novels, it was because Jackie didn't know any simple folks.

It's possible that time will be kinder to Jacqueline Susann than her contemporary critics have been. She was, in a sense, like Guy de Maupassant, Victor Hugo, even F. Scott Fitzgerald—none of whom were ever respected in their own time for the rich stories they told. In one day, Jackie outsold Solzhenitsyn, Graham Greene, Mary Stewart and the Bible. Not exactly a way to win friends among the critics. But Jackie earned her success. She worked hard for it and fought like a tiger to maintain it. She began all of her books with yellow scratch paper in her typewriter, sitting on an orange leather chair covered with a white towel because the upholstery made her fanny perspire. Then she'd type on the backs of press releases (despite her millions, she was paranoid about saving paper). Thousands of pages came out of her typewriter without the aid of a secretary. She never hired a professional typist. Every word in her books was typed with two fingers, using the old hunt-and-peck system. Then she would correct the yellow pages by hand. As the books progressed, they traveled through various drafts on blue, pink and, finally, white paper. Then Irving would read the finished first draft and Jackie would Xerox it herself for the publisher. She was a natural-born editor. She always knew instinctively when something was wrong. Everything she ever wrote after *Josephine* was bought sight unseen. She never auditioned. She wrote by herself, nobody saw it until she was ready, then she'd sit down and tell Irving: "Welcome to the Monday night fights." He'd read it and they'd talk about it. She was the talent, he was the businessman. He negotiated deals and brought in the most colo contracts ever drawn up in the hist of publishing, but he never signed a thing until Jackie had given him f approval.

Dispensing advice

She advised me from the publicat date of my first book until the day died. I never signed a contract with consulting Jackie and Irving. She t Elia Kazan and Barbara Walters by hand and introduced them to book-s personnel. She helped Kurt Vonne and Mario Puzo. She defended Irv Wallace and Harold Robbins every t they got a bad review, and never sipated her energy feuding with ot best-selling authors. Once, at a Rich Rodgers concert, she was approached James A. Michener, who bluntly nounced: "I've hated you since Ma 1966." Jackie was stunned. "What h pened May 8, 1966?" she asked. "Th laughed Michener, "is the date knocked me out of first place on the b seller list." They became instant frie

It made her furious when major st tellers were relegated to capsule revi in the back of *The New York Ti Book Review* while Joyce Carol O got the front page. "She writes a n novel every three days," Jackie c plained. "Anything that takes less t three years has got to be a bore." was right, of course. She was no tov ing intellectual (the only time she ever floored for a comeback came w George S. Kaufman called her "apo phal" on TV and she didn't know w the word meant), but she was well-re She was an expert on art, medicine psychology, but she never played gam When she read novels, she wanted th to be as juicy as her own. "Life is short to waste time being bored," she ways told me. Once, on a plane t Angeles, she tackled *The Gulag Ar pelago.* She read studiously for ab an hour, closed the book, turned to ing and sighed: "How soon are you g na be finished with *Playboy*?"

A Jackie Susann quote often me millions of dollars in revenue to ot authors. Publishers sent her everyth before publication, figuring a Sus blurb in a newspaper ad was worth m than a good review. One day her fri and publisher, Oscar Dystel, presid of Bantam Books, sent her an adva copy of *Portnoy's Complaint.* Irving on one side of the bed reading *Times;* Jackie was on the other reading her new book. "Oh, my Go don't believe this!" Irving asked what was wrong. "Every time you t the page," said Jackie, "this guy is m turbating!" A few weeks later, she asked for a quote. "Well," said Jackie think Philip Roth is a good writer, I wouldn't want to shake (*continu*

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hands with him." It became part of the language in 24 hours.

She was tough. But she was a marshmallow inside. She worked hard, she played hard, and she hurt hard. She never forgave Gloria Steinem, whom she admired, for attacking her unsympathetic attitudes toward women's lib.

These are the little things about the private life of Jacqueline Susann nobody knew. From 1959 to the very end, her second home was the lush Beverly Hills Hotel. The first thing she did each time she checked into her permanent suite (135-136, and they always kept it ready) was to call the operators and catch up on their domestic problems. Swen at the pool kissed her hello. The bellboys grinned, "Hi, Jackie!" The midget phone-call announcer in the Polo Lounge gave her stock-market tips. The hairdressers in the beauty parlor knocked the biggest stars out of their appointments with, "Jackie's coming!" Jackie watched the price of her suite gradually increase from $65 to $106 a day. On her last trip, she urged Irving to go ahead of her to the dining room. "Why one at a time?" asked Irving, ready for anything. "Because," came the reply, "if we go out together, they'll change the price of the room while we're gone."

One of my most vivid memories of Jackie occurred during one of her visits there. She had developed a fondness for actress Sharon Tate during the filming of *Valley of the Dolls*, even appearing in her movie funeral scene in a cameo role. Some time later, on August 8, 1969, Jackie was sitting by the pool at the Beverly Hills Hotel when Sharon called and invited her to the house for a late drink. Jackie was dressing when I arrived unexpectedly. She phoned Sharon, told her I was in town, and Sharon said by all means drop by together. We decided on an early dinner instead retired early. The next morning, Au 9, we met at the swimming pool for l and Johnny Carson called us both the news. Sharon had been murdere night before. Jackie turned white. the horror of what had happened the dawning realization that if we gone to Sharon Tate's that night might have been part of the headl It was one of the ironies that through her life.

Jackie had no regrets. "If I di morrow," she said, "I've had it all." faced death the way she faced critics. And nobody knew about good things she had done to pave way for a peaceful passing. She away huge percentages of her r ties to autistic children, afflicted in same way as her son, Guy. She celed vacations when she needed because the actors needed her pres on the set, and appeared on panels cause her being there meant *(contin*



DORIS DAY REMEMBERS: "MY FRIEND JACKIE"

Tears welled in Doris Day's blue eyes as she remembered her closest friend, "Opal Mandelbaum," who had died of cancer a few days before. Opal's real name was Jacqueline Susann. But to Doris she was always Opal. And for the last two years of her life, Jackie's name for Doris was "Clara Bixby." ("They were just crazy names we used—because we really didn't fit them," Doris says.)

Doris' friendship with Jackie began about two years ago. Recalls Doris: "She sent me a letter saying that my poodle, Bobo, looked exactly like her Josephine. I wrote back, and before long we were exchanging letters several times a month. One day she came to the Coast. It was as if we'd known each other forever."

An indefatigable matchmaker, Jackie never quite understood why Doris didn't find a new husband. Her efforts to keep track of Doris' social life were a constant source of amusement to them both. Once Doris reported that a man had invited her to dinner at his apartment. Earlier in the day, Doris had taken antibiotics for a cold. During dinner, she had a few glasses of wine. "The combination of the wine and the medicine made me sleepy," Doris told Jackie. "I fell fast asleep on the couch—after the poor man had set up the romantic music and a candlelight dinner. I woke up at 4 A.M. He was sound asleep in a chair. I woke him up and told him I had to go straight home." It was a scene right out of a Doris Day movie.

When she heard the details, Jackie Susann, who wrote racier love scenes, replied in disbelief: "My God, Clara, you need a manager to handle your love life!"

More than a year ago, in London, Doris first learned of Jackie's illness. "She told me that doctors had found a couple of little spots on her lungs. She said, 'But that was a long time ago. Everything is fine now.' She didn't even hint that they had told her it was terminal, and that she'd been living with that knowledge for ten years."

When Doris returned home, she learned that her longtime friend, comedian Billy DeWolfe, was dying of cancer. Since DeWolfe had no family, Doris cared for him until he died last March. Shortly after Billy's death, Jackie came to Hollywood, to make the movie version of *Once Is Not Enough*. "I called h the hotel every day," Doris says, she'd tell me she was working on the ture every minute. I didn't learn later that she wasn't writing. She w going to the studio. She was too ill. knew what I'd gone through with B and she didn't want me to go thro it all over again.

"One night last August, Jackie, Ir and I did go out for a hamburger. Ir told me later that Opal had planne tell me about her condition at that t But we were joined by some other ple, and she didn't get the chance."

The following day, when Irving Jackie back to New York and put h the hospital, Doris still didn't know sick her friend was. "When I call Doris recalls, "Irving told me she doing well. He didn't want me to wo But I kept calling, so one day Irving 'Pray, Clara, pray.' I got on the first p to New York."

By the time Doris reached Jack bedside, Doris knew her friend did have long to live. "Irving never did c out and tell me what the matter He couldn't bring himself to say word cancer. But I knew."

Doris stayed in New York for e days. She wanted to be at Jackie's until the end, but was called back Los Angeles to testify in court. day of the funeral, I was preparing go to court," Doris says. "I looked at clock. It was the time the funeral vices began in New York. I closed eyes and there was Opal, radiant. appeared to me with a man I suppo was her father. She was smiling said, 'Clara, I'm fine. You were absol ly right. Life is eternal.'"

Doris Day's eyes were moist ag "Opal is still with me," she said. always will be."

Photograph by Jerry Abramowitz



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Brownie points for the program chairmen. She was a suck for anything involving animals. When Doris Day staged h charity bazaar for animal shelters, it was Jackie who phon Joan Crawford and talked her into donating 18,000 Pep Colas, then stood in the hot sun for 3½ hours after one of h torturous chemotherapy treatments, autographing 500 cop of *Every Night, Josephine* that she had donated.

Guts and humiliation

Producer Mike Frankovich once took her to the Palm Bea Casino in London, where she won $1,100 at the crap tab There was a honeymoon couple at the same table. They h lost $10. "Here's a wedding present," said Jackie, handi them $200 in chips. Then she tipped the stickman $100 a distributed the rest of the wealth among the hotel staff at t Dorchester. Another time, she gave a friend in trouble (n a famous jet-set name) $1,000 for an abortion, no questio asked. "If anybody asks me for money," she always said, never ask why. If they've got the guts to go through the h miliation of asking for it, I owe them the courtesy not to e barrass them further by asking what they need it for."

Seven weeks before she died, she developed a fever 105°. Irving called an ambulance to rush her to the hospit She rallied long enough to look out of the window. "Lo Irving," she said groggily, "there's a car that has a licen plate JSM-5, just like ours." Irving yelled, "My God—it's car!" Somebody had stolen it from the garage.

She didn't really want to die. Toward the end, she scared, which wasn't like her. There were so many stories unwritten, but all she had the strength for were the diar meticulously detailed, about the cancer and what she was ing through. Publishers are offering Irving a king's ransom the publication rights to those last pages from the typewri of Jacqueline Susann, but it will be a long time before he the courage to read them himself.

Jackie was in a coma for seven weeks. The last time spoke to Irving, she opened her eyes long enough to say, " doll. Let's get the hell outta here." It's just the sort of th one of her characters would say. Jackie was the best chara she ever invented anyway.

Once, at a party, Jackie and I watched together as some helped Noel Coward into an elevator, feeble and ill, a pa forgery of his once-dapper self. Jackie turned to me with te in her eyes and said, "Gosh, Rex, I hope I die before I g old." Jacqueline Susann died at 8:01 P.M., Saturday, Octo 21, 1974, at Doctor's Hospital in New York City. She was She always got everything in life she wanted, but this is wish she got too soon.

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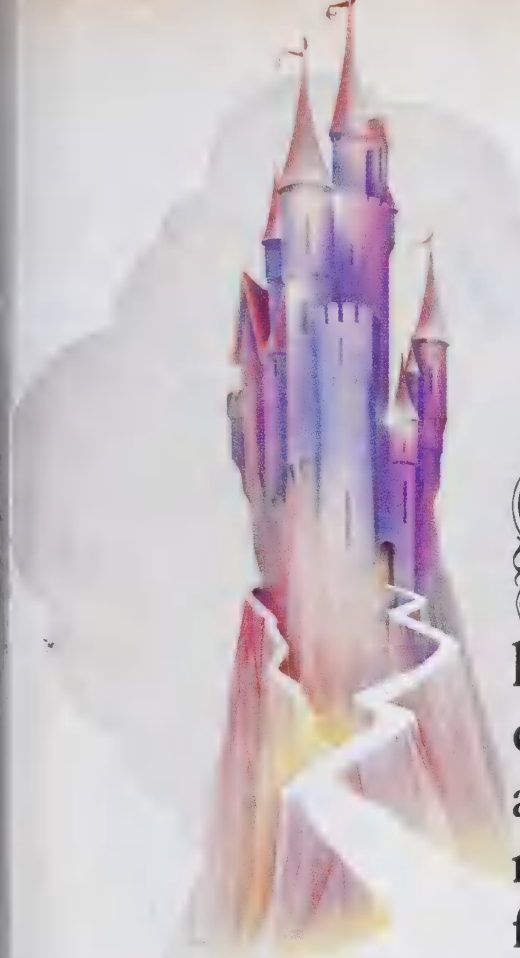
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And as they rode off into the sunset, the prince promised her his love, his riches and his castle in the clouds if only she would be his. She agreed. Later, after the wedding, they discussed the running of the kingdom. "The King, my father, is old and my blessed mother, the Queen, has long been gone and the castle is in terrible disarray," explained the Prince. "It needs the hand of a fine woman like yourself to straighten its many rooms and dust its many nooks and light its many fires and clean its many chimneys and sweep its many corridors and feed its many occupants and visitors. Then, we shall have many sons so that they may run the kingdom long after I am gone. I can only hope that when they come of age, they will be as lucky as I in finding a good wife." And with that, they kissed *and the Prince lived happily ever after.*



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Your guests really go for that ham! But how appetizing are spotty glasses? They're not. So who needs spots, now or anytime?

The spotty glass shows how plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot...gives your guests glasses with the Cascade look!

Cascade fights drops that spot.

But Cascade in your dishwasher gets dishes virtually spotless.





BETTY, HAPPY... AND ME



This Senator's wife underwent the same breast cancer ordeal as Mrs. Ford and Mrs. Rockefeller. Here, she talks frankly about the road to recovery.
By Marvella Bayh

I had just arrived in New York City to attend a meeting of the American Cancer Society. As I was dressing for the banquet, I turned on the news and was shocked and saddened to hear Vice-President designate Nelson A. Rockefeller announcing that his wife, Happy, had just undergone what was to be the first of two operations for removal of a cancerous breast—only 19 days after Betty Ford, the President's wife, had a similar operation. Then Mr. Rockefeller added, "I think the Twenty-fifth Amendment to the Constitution should be repealed because of what has happened to the wives of the two men most closely touched by it." I immediately thought, "And you can add to that list the wife of the man who wrote the Twenty-fifth Amendment." It was eerie.

My husband, Senator Birch Bayh, wrote the 25th Amendment nine years ago. It provides for the filling of the office of the Vice-Presidency when it becomes vacant, and was used for the first time when Gerald R. Ford became Vice-President and then again when Nelson A. Rockefeller was nominated for the job. What a coincidence! And yet, with 90,000 women in the United States having surgery for breast cancer this year, perhaps it isn't so unusual after all.

I want to reach out to Mrs. Ford, Mrs. Rockefeller—and all women who have undergone mastectomies—because I have walked the road they are traveling today, and perhaps my story can be of some

(continued on page 102)



She had fallen in love with the raw-boned young man, and also with the barn and its windmill. Trust fate to solve things for a girl with such excellent taste! A short story by Margaret Cousins.



PROMISES TO KEEP

On the morning of her twenty-first birthday, when the trust her grandfather had thoughtfully left her became operative, Sara Morse flew west from New York on an early morning jet. She was propelled by blind instinct or the fact that there was no longer anyone who could prevent her. There was only one thing in the world she really wanted.

Sara deplaned at Denver and boarded the mountain shuttle to Aspen, bobbing over the majestic peaks like a buoyant kite. She stared down at the mountains, thickly mottled with pines below the timberline, like emerald needlepoint, but she thought only how enormous the world was and how challenging its terrains. Landing in Aspen, she hurried to the rental agency and rented a car.

In less than thirty minutes she was out of Aspen, driving toward Snowmass and beyond. At an indistinct crossroad on the other side of a bridge, she swerved unerringly to the right and went down a dusty country road. The valley opened before her. Soon the low-lying old ranch house came into view, but she skirted the driveway and went straight to the barn.

She had been fifteen that summer—the year of her parents' divorce and the acrimony of the settlement and what was more scarifying, the custody battle with herself as the prize. Her mother, acting on whim, for which she was famous, and a certain amount of common sense, for which she was not famous, had decided to foreswear the temptations of the Hamptons and take to the hills until the legal squabbles were over. She did not want compromising situations to arise, and she knew her own weaknesses. Aspen, which she had visited in the winter season, was far away from New York. She did not think Jed Morse or any of his *(continued on page 92)*

Illustration by Mark English

COOKING WITH THE GREAT CHEFS

James Beard, the undisputed dean of American food authorities, has produced, with ten other world-famous cooks, a tantalizing new guide to food. It's called *The Great Cooks Cookbook* (Doubleday, $12.50) and it includes chapters ranging from menu planning to hors d'oeuvres to meat and wine selection. One of the nicest things about cooking from this book, given these high-priced times, is that the authors don't seem to equate expensive ingredients with good cooking. A fresh chicken or a few apples (as in our spectacular dessert below) will set them happily into motion. Recipes on page 80.



1. *Meringue aux Pommes*
2. *Chicken Provençale*
3. *Tuna and Pistachio Terrine*
4. *Korhelyleves (Sousé's Soup)*
5. *Insalata di Rigatoni (Rigatoni Salad)*
6. *Vegetable Chicken Casserole*
7. *Frozen Walnut Cream Torte*

Excerpted from the book "The Great Cooks Cookbook." Copyright © 1974 by The Good Cooking School, Inc. Published by Doubleday & Co., Inc.

Photograph by Arthur Beck.



THE LATEST COVER-UP: THE CAPE

Our intelligence reports show that the cape will be a key figure in a big cover-up story this coming season. Sewn by you at home, the cape wraps up an inexpensive and intriguing fashion tale. Both the capes and the great clothes they cover are made from easy-care but elegant fabrics. More sewing information on page 93.

By Alison Beyea, Home-Sewing Editor.

Photographs by Neal Barr

throw a cape over your favorite

sportswear look. A ribbed knit sweatshirt and twill pants are perfect partners for our below-the-knee cape. Complete the look with an extra-long scarf and a fat beret, Simplicity #6748. Sweatshirt and pants, #6571; cape #6839. Pants and cape fabric, J. P. Stevens polyester twill; ribbed knit fabrics by Jarmel.

The Long Story: A spectacular swirl of a hooded cape in a dazzling silky-looking polyester. Under it is a two-piece peasant dress with a lace and ribbon trimmed bodice. Cape fabric by Columbia, Simplicity #6839. Dress, #6718, of Cohama pongee. Shoes by Golo.



"CINDERELLA"



ROCKEFELLER

She was hired as a kitchen maid by this richest American family, and wound up marrying into it. Alas, her fairytale saga had a bittersweet ending. This is her story, in her own words. First of two parts.

By Anne-Marie Rasmussen

Anne-Marie Rasmussen was born on Boroya, a small island off the coast of Norway. Her father, Kristian, owned a store and exported fish. Her mother, Lovise, had come to Boroya as Mr. Rasmussen's housekeeper—and then married him.

Though her younger sister Torhild seemed ntent on Boroya, Anne-Marie was forlorn. er first encounter ith a less-lonely orld came from the siting tourists and om some of her other's love letters hich she found refully tucked way). The letters, om men her moth- had known before r marriage, started nne-Marie's dreams a place "out there" a place filled with omance; a place here dancing wasn't "sin"; a place where en and boys were romantic and loving; a lace where life did not center on the sea.



When she was 14, her dream was strengthned by a visit from her Uncle Andres, who ad left Norway and had become a policeman New York City. When Andres returned to ew York with his wife Margit, Anne-Marie egged to go, but was told she was too young.

Four years later, Anne-Marie's parents reald that her growing frustration could not be ntained; they gave permission for her to go America. Our story begins as 18-year-old nne-Marie leaves for her promised land.

I left Norway on August 23, 1956, aboard e *Oslofjord*. Nine days later, I arrived in New York. Uncle Andres came to pick me up. I stayed with my aunt and uncle only a few days before deciding to look for employment.

I went to a Scandinavian employment agency on Madison Avenue. The very first opening was for a kitchen maid in the home of "an important family" on Fifth Avenue. It sounded like a fine challenge to me. I proudly sent this flash home: "Now I am going to start to work for a well-known family. Their name is Rockenfellere."

When I first met Mrs. Mary Rockefeller she greeted me warmly and welcomed me to her home—the first American I met who spoke slowly and clearly enough for me to understand. Much later I met Mr. Nelson Rockefeller. I liked him immediately because he seemed to enjoy being alive.

I hadn't been on the job more than a few days before I first set eyes on a photograph of Mr. and Mrs. Rockefeller's son Steven on a shelf in Mrs. Rockefeller's dressing room. I can remember how impressed I was by his clean good looks and his kind, brown, almond-shaped eyes. I believe I decided right then and there that someday that face would love me.

When I first began to know the young Rockefellers I found them puzzling. They had all the money they could ever use, they had so much help and care that they didn't have to do a thing if they chose not to, and *(continued on page 96)*

1. *Anne-Marie welcomed her former employer and father-in-law-to-be, Governor Rockefeller, to Norway for her wedding to his son Steven on August 22, 1959. (For the couple's wedding photo, see facing page.)*
2. *The Governor, Steven and his first child, a son, Steven, Jr. Anne-Marie and young Rockefeller also had two daughters.*
3. *Anne-Marie and Steven in 1968. When Governor Rockefeller ran for President, his Cinderella daughter-in-law campaigned for him vigorously—even as her storybook romance and fairytale marriage began turning into ashes.*

ight © 1975 by Anne-Marie Rasmussen. From her book, "There Was Once a Time: Of Islands, Illusions and Rockefellers," to be published by Harcourt Brace Jovanovich, Inc.

SUSAN FORD: DRESSING FOR AN ACTIVE LIFE

She admits she loves clothes. At the end of the school day she can't wait to change out of the drab, little-girl jumper that is regulation wear at the private girls' school she attends in nea Virginia. Like her mother, Susan Ford an innate fashion sense. The two shop gether frequently, without the usual moth daughter clashes about what to buy. "Mo er and I are so much alike in taste, it's real," says blond, blue-eyed Susan. avid sports enthusiast, Susan favors kind of fresh, casual fashions she m els for us. By Trudy Owett, Fash Editor.

Photographs by Jerry Abramo
hairstyles and makeup by Leonardo de V
Shopping information on page



Indoors: Susan model a great après-ski look The cotton patchwork smocked skirt wraps around the waist. The Orlon knit turtleneck zips in the back. Skirt by Swirl with Maxime $36. Jane Irwill sweater $11. The accessories: Calderon elasticized straw belt with wood and leather closing; P.C. Designs gold hoop earrings; Bulova Accutron watch.

KANDY STROUD

ddy calls me his football-player girl. got his big shoul- bones and knees," 17-year-old Su- Ford, the latest ıe succession of ːe House "prin-

cesses." The only daughter of Gerald R. Ford, the 38th President of the United States, Susan may be above average in size: she stands five feet, eight inches tall in her stocking feet and, like her father, is broad of face and shoulder. But according to all reports, Susan is in other ways the stereotypically wholesome, all-American teen-ager—Miss instead of Ms., anxious to be wed, more physical than intellectual in *(continued on page 109)*

SUSAN FORD: ON THE GO IN THE WHITE HOUSE



doors: A ıral on the slopes, ıan usually spends ter vacations at her ily's Colorado ski home. ːe she wears a zip-front ːpsuit with a matching ka with multicolored striped ːkings. Number One Sun by ıd, in nylon with polyester ːrlining. Parka, $50; Jumpsuit, . Accessories: Demetre terned wool turtleneck ski ater. Bausch & Lomb ski goggles.

YOUNG PEOPLE'S GUIDE TO LOW-COST DECORATING



Stuck-Up Curtains

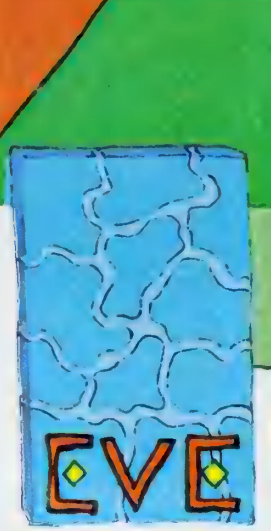
Card Trick Shade

Picture Shade

Daisy Doily Wall Mural

TWENTY-THREE TRICKS FOR TOTS TO TEENS TO DO THEMSELVES

Here are nearly two dozen ideas for budding designers to fix up their own rooms. All of them are easy and fun to do and need little or no adult assistance. The best part as far as tight-belted, close-budgeted parents are concerned is that the ideas don't require much money. Another plus: they can be done on a rainy afternoon or stretched to consume a whole season's spare time. All from the book "Decorating Your Room: A Do-It-Yourself Guide," by Ellen Liman and Carol Panter. Complete instructions on page 93.



My Own Bulletin Board



Pillow Case Toy Bag



Shoe Bag Organizer

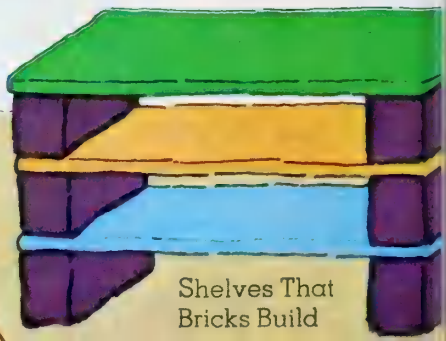
Cut-Up Rug



Illustrations by Seymour Chwast



Painted Rug



Shelves That Bricks Build



© 1974 by Ellen Liman and Carol Panter from their book "Decorating Your Room: A Do-It-Yourself Guide." Reprinted by permission from Franklin Watts, Inc.

1. Garden Vegetables à la Grecque—make in batches, it keeps for days. 2. Indian Cheese Candy—in three versions. 3. Granola Crunch—so easy to make. 4. Soy-Filled Breakfast Rolls. 5. Lettuce Roll-Ups—with tuna and cottage cheese. 6. Yogurt Pops—in flavor of your choice. 7. Fruit-Nut Energy Bar—heavy, moist, keeps well. 8. Hi-Protein Waffles, with butter-apple topping. 9. Frozen Banana Tidbits—eat right out of the freezer. 10. Frozen Fruit Mold—quick dessert. 11. Pinwheel Bread Log—liverwurst filling. 12. Chinese Tea Eggs—an old favorite



THE HEALTHY SNACK

Sitting down to three squares a day may be a dying tradition, say food sociologists. More and more of us are now nibbling five or six light snacks daily, a pattern that may in fact be kinder to our stomachs. How healthy the habit is, depends on *what* we are nibbling, but the



reason why snacks can't be both good for and good to eat. Here are 12 new prepared treats that should please everyone from dieters to sweet freaks to midnight refrigerator raiders. Happy snacking! Recipes on page 88. By Arlene Wanderman, Food Editor.

Photograph by Arthur Beck

JOURNAL ABOUT HOME

It's time for new ideas and new products to make life around the house a bit easier for the whole family this year.



THE BEST NEW PIECE OF HOME EQUIPMENT YOU CAN OWN

. . . is one of the new pocket-sized electronic calculators. They look like the toys of the future, but we think they're one of the handiest things you could own right now, especially now that the price of a basic four-function (add, subtract, multiply, divide) calculator has dipped below $20.

What Can You Do With It?

Take it to the supermarket and add up the items as you go along, or check over the supermarket tapes when you get home (something we've long wished we were able to do). Use the calculator in the store to figure unit pricing. Use your calculator every month on your checking account and charge account statements; every year on your tax forms. You can use it to make recipe and pattern adjustments . . . and for dozens of things you'll discover yourself. One calculator owner we know measured a new pair of jeans before and after washing, then calculated the percentage they had shrunk. Seeing this figure was larger than had been promised, she returned the jeans to the store and got a refund.

Calculators and Kids

We asked for an expert opinion on whether or not children should be allowed to use calculators. Dr. Henry Mullish, a senior research scientist at New York University, is very much in favor, but he warns, knowingly, "Be ready for the fact that children will take it over." Dr. Mullish himself is such a fan of the new gadgets, he adds, "in today's economy, I think owning a calculator is becoming essential."

How to Buy a Calculator

- Buy one to suit your needs. A highly specialized scientific model can cost over $100 but do you do special calculations such as square roots? Probably not, but high school kids do. Consult your family.
- Check the display panel to make sure it's easy to read. Greenish numbers are said to be best.
- Make sure the keys aren't *too* small to operate comfortably.
- Buy a brand from an established company, but check around town to see if you can get it at a discount.
- Find out how to use your calculator before you leave the store. Check the warranty.

FREE BOOKLET

This month we have at hand a funny, charmingly illustrated cookbook for children published by Del Monte. Recipes range from Outer Space Tuna Sandwiches and Cha-Cha-Cha Casserole to Goony Loony Prune Cola and Rocky Road Toads (all very nutritious, by the way). Order your free copy of the "Little Miss Cookbook" from Del Monte Kitchens, Department 103B, Box 11015, San Francisco, Calif. 94101.

NEW YEAR AND NEW WAYS TO SOLVE OLD PROBLEMS



- **Resolved:** The tangled heap known as the kitchen utility drawer will stay neat and efficient. To that end, we will inspect a new gadget from Rubbermaid called Expandable Drawer Divider. Easily installed, it's a plastic strip (available in two widths) that will stretch to fit your drawer and that can be secured at each end with its own self-adhesive tape. Each is priced at about 89¢.
- **Resolved:** We'll seek an alternative to the usual TV dinner. Maybe fortune will lead us to one of the new Chun King frozen Chinese dinners such as Pepper Orientale.
- **Resolved:** We will repose on scented sheets like the heroine of one of our favorite Gothic novels: "Diana's dark head lay on the delicately perfumed pillow case. How glad she was to be back at Strangehaven—and yet. . . ." You get the picture? One way to have the scented linens is to unwrap those bars of expensive gift-soap you may have been saving and tuck them into the sheets in the linen closet. Don't be afraid to expose the soap to air. It will harden and you'll get longer use from it when you finally decide to use it for bathing.

Send us your favorite recipe for diet dessert. We'll pay $50 for two winners. Include some mention of origin; we reserve the right to alter recipes used; recipes become property of Downe Publishing, Inc. Entries must be postmarked by December 31, 1974. Send: Recipe Exchange, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022.

$50 RECIPE-CONTEST WINNER

This delightfully different Toasted Coconut-Pecan Pie comes from Mrs. B. R. Londeree of St. Petersburg, Fla.

TOASTED COCONUT–PECAN PIE

3 eggs, beaten
1½ cups sugar
½ cup (4 oz.) butter or margarine, melted
2 teaspoons lemon juice
1 teaspoon vanilla extract
1 can (3½ oz.) flaked coconut
½ cup coarsely broken pecans
1 unbaked 9-in. pie shell

Preheat oven to 350°. Thoroughly combine eggs, sugar, butter or margarine, lemon juice and vanilla. Stir in coconut, pecans. Pour into pie shell.

Bake in a 350° oven for 45–50 minutes or until filling is set. Cool. Garnish with sweetened whipped cream and pecan halves, if desired. Serves 6.



Toasted Coconut-Pecan Pie

ampbell's Soup offers two ideas kids will warm up to.



yone knows how a steaming bowl of Campbell's ken Noodle Soup and crackers can warm you up cold winter's day. Now Campbell another way to warm you up—exclusively designed, 100% n® acrylic, machine-knit winter hat's red and white just like the pbell's Soup can. And it has M'm! ! Good! woven on the front and . Fits kids and grown-ups. You get your own M'm! M'm! Good! for just $1.25 plus 2 Campbell's ken Noodle Soup labels and the e mark from a box of your favor- rackers.





Send to: M'm! M'm! Good!
Box 417
Maple Plain, Minnesota 55359

Please enclose $1.25, two Campbell's Chicken Noodle Soup labels and one price mark from a box of crackers for *each* cap ordered.

Enclosed find $_____ and _____ Campbell's Chicken Noodle labels and _____ price mark(s) from cracker box(es) for _____ cap(s).

Name:_____
(Please print)

Address:_____

City:_____ State:_____ Zip:_____

Offer expires April 30, 1975. Allow 6 weeks for delivery. Offer good only in U.S.A. Subject to state and local regulations. Void if taxed, restricted or forbidden by law.

continued from page 67

1. APPLE MERINGUE (Meringue aux Pommes) (pictured on page 66)

This recipe is from the dessert chapter by Maurice Moore-Betty, a former London chef and now a well-known teacher in his own New York cooking school. This is one of those wonderfully simple show-off desserts that can be made in the morning of the day you'll be serving it.

6–7 large apples, Greenings or firm McIntosh
½ cup dry white wine
2 tablespoons butter, approximately
Grated rind of 1 lemon
½ cup red currant jelly
Meringue:
6 egg whites
2 cups granulated sugar
1 teaspoon vinegar
1 teaspoon vanilla extract

Peel and core apples. Slice—not too thin—into 2-quart pan with lid. Add white wine and cook slowly over low heat. Shake the pan every now and again, holding the lid firmly in place so that apple slices will be rotated in pan. Cooking time over low heat is about 10–15 minutes. Be careful not to cook to a pulp.

Butter 2¾-quart ovenproof dish and spread the cooked apples evenly over the bottom. Dish should be about ⅔ full. Sprinkle with grated lemon rind. Dot with red currant jelly. Preheat oven to 275°.

Beat egg whites with an electric mixer or with hand beater until soft peaks are formed. Add sugar gradually while continuing to beat. Add vinegar and vanilla extract and continue to beat for at least 8 minutes.

With a #7 star tube and pastry bag, pipe meringue over apples. Shell shapes look good.

Bake in preheated oven for 50 minutes to 1 hour. After 20 minutes look at meringue and if it is becoming dark in color, lower heat to 250° and cover with a sheet of brown paper or foil.

Do not refrigerate unless the atmosphere is very humid. It may be made with success in the morning for that evening. Serves 8.

2. CHICKEN PROVENCALE (pictured on page 67)

A recipe from the poultry and game chapter by Felipe Rojas-Lombardi, a young Peruvian cookbook author who has also taught cooking with James Beard. We were particularly taken with the stuffing for this roast chicken—a savory combination of spinach, ground pork and spices.

4–5 lb. roasting chicken
½ lb. ground pork
1½ lb. fresh spinach (1 cup, wilted, see note below), drained, squeezed dry and chopped; or 2½–3 (10 oz. ea.) packages frozen spinach, defrosted, drained, squeezed dry and chopped
1 teaspoon sage
1 teaspoon thyme
2 tablespoons pistachio nuts
Salt and freshly ground black pepper
1 egg, beaten
1 boiled egg, medium hard, shelled
2 cloves garlic, crushed
1 teaspoon ground turmeric (optional)
2 tablespoons olive oil

Wash the chicken inside and out; dry well and remove any pinfeathers. In a bowl, place the ground pork, chopped spinach, sage, thyme, pistachio nuts, 1 teaspoon salt, ½ teaspoon pepper and beaten egg. Mix well together. (This recipe includes raw pork; if you wish to taste to correct seasoning, you must first sauté a little of the mixture until done.) Sew the neck skin to the back of the chicken. Line cavity of the chicken by packing in half the stuffing; place boiled egg carefully in center of it, and add rest of the stuffing. Sew the cavity closed.

Preheat oven to 375°. Crush the garlic—preferably in mortar with pestle—add salt, pepper, turmeric and olive oil. Mix, combining well. Rub the entire surface of the chicken well with this mixture. If you have some left, save for basting.

Place chicken on a rack set in a roasting pan and roast for 1½ hours, basting frequently; use olive oil if you have no more of the rubbing mixture. If chicken is roasting too quickly, cover with aluminum foil or greased brown paper. Serve hot as a main course, or cold—cut in thin slices—as an appetizer. Garnish the chicken with watercress and sprigs of mint. Serves 4–6.

Note: To wilt fresh spinach, wash it well, then place in a large pot. Cook covered, but without water, over low heat. Toss twice while cooking to wilt all leaves. Remove from heat immediately and remove cover.

3. TUNA AND PISTACHIO TERRINE (pictured on page 67)

This is from the hors d'oeuvre chapter by Helen McCully, one of America's best-known cooks and food editors. Her chapter is an outstanding feature of the book, and this recipe well illustrates how a little imagination can combine the simplest ingredients for a delicious recipe. This one is also most economical.

1 can (7 oz.) tuna in oil
2 to 3 tablespoons Cognac
2 hard-cooked eggs
2 (3 oz. ea.) packages cream cheese, at room temperature
Good dash freshly ground white pepper
3 tablespoons pistachio nuts out of the shell, coarsely chopped
Consommé (refrigerated until almost jellied)

Break the tuna up into small pieces. In the container of the electric blender, puree a small amount at a time, with the tuna oil and Cognac. Then add the eggs. Add the softened cream cheese and pepper. Blend again at high speed u you have a very smooth, suave mixt Place in a bowl. Taste for seasonin may (doubtful) need salt. Stir in pistachio nuts. Spoon into a 1½- to 2 mold that can go to the table. Sm the surface with a metal spatula. C with consommé that is just beginnin jell, and refrigerate until firm.

Serve straight from the terrine v plain, unflavored crackers, heated French bread. A delicious additio the cocktail table. Serves 6–8.



4. SOUSE'S SOUP (Korhelyleves) (pictured on page 67)

The soup chapter is by George La perhaps best known for his book, " Cuisine of Hungary. This soup, s Lang, "is served in the wee hours of morning to revive guests after an night party." Suit yourself when to se it; we thought it an unusual additio any menu that calls for a hearty soup.

1 lb. sauerkraut
2 tablespoons bacon drippings (from smoked bacon)
2 tablespoons flour
1 small onion, peeled and minced
1 tablespoon paprika
½ lb. smoked sausage, sliced thin
3 tablespoons sour cream
Vinegar
Salt

Squeeze sauerkraut thoroughly and serve the juice. Cook drained sauerkr in 2 quarts of water over medium h until it softens. Meanwhile, heat bacon drippings in a skillet and add flour; stir and fry until the mixture light beige. Add the onion, and coo minutes more.

Remove from heat, and stir in prika; immediately add 1 cup c water and whip until smooth.

Pour reserved sauerkraut juice int soup pot; add flour and onion mixtu the sliced sausage and the sauerkr with its cooking liquid. Cook 10- minutes.

In a soup tureen, mix the sour cre with a cup of the hot sauerkraut brc Add salt if needed. Adjust the taste the simmering soup with vinegar a salt to be sure it is quite sour (sor what like hot, sour Szechuan soup), a pour into tureen. Mix with the s cream, and serve. This soup can made in several different ways, b variations must have two things in co mon: the soup must be slightly fat and should have a very sharp tas Serves 6.

(continue

Robust flavor. That's what the English like about their cheddar cheese. And that's the kind of cheddar flavor you get in Kraft Macaroni and Cheese Dinner. The good kind you cook up fresh.



KRAFT

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5. RIGATONI SALAD
(Insalata di Rigatoni)
(pictured on page 67)

From the pasta chapter, by Edward Giobbi—painter, cook, and author of Italian Family Cooking. *We were especially taken with these recipes, including this hearty rigatoni salad. The pesto sauce, while optional, adds significantly to the flavor. Make your own, or try the new freeze-dried version.*

½ lb. rigatoni
1 cup fresh string beans (julienne; that is, cut lengthwise into strips)
Salt
6 tablespoons good olive oil
Salt and freshly ground black pepper
Optional: 2 tablespoons pesto
3 cups sliced tomatoes (red tomatoes that are still partially green)
½ cup chopped green onions (scallions)
2 (6½ oz. ea.) cans tuna fish, packed in olive oil
3 tablespoons chopped parsley

Cook rigatoni and string beans together in rapidly boiling salted water. When pasta is cooked *al dente*, drain. Pour cold water over pasta and beans, drain well, and place in 4-quart bowl. Add 4 tablespoons of the olive oil and salt and pepper to taste; add pesto if desired; mix gently. Add tomatoes, green onions, the tuna in chunks, parsley and the rest of the olive oil. Toss gently (taste for salt and pepper).

Prepare the dish ahead of time, if desired. Do not refrigerate. Serve at temperature. Serves 6–8.

▪ *Notes: Cooked zucchini or peas be substituted for string beans—d boil with pasta; add with tomato*

▪ *If American-style canned tu used, drain off liquid. Mix tuna w tablespoon olive oil; then add to p*

6. VEGETABLE CHICKEN CASSER
(pictured on page 67)

Another chicken recipe from F Rojas-Lombardi. This colorful dish be a welcome addition to everyone of chicken recipes.

1 fryer chicken, washed and dried
½ cup peanut oil
½ pound butter
2 onions, sliced
⅓ cup carrots, peeled and sliced lengthwise
2 tablespoons chopped celery
1 red pepper, seeded and sliced (opti
1 green pepper, seeded and sliced
1 teaspoon dried rosemary
¼ teaspoon dried sweet basil (2 tablespoons fresh)
Salt and freshly ground black pepper
½ cup spinach, wilted (see note with chicken Provençale recipe)
½ cup mushrooms, sliced
½ cup black olives
½ cup chicken broth
1 small (6-oz.) can tomato paste
1 garlic clove, peeled and cut in half
1 cup sliced romaine lettuce (or icebe
1 tablespoon chopped fresh mint or parsley
Chopped peanuts

Cut chicken into serving pieces. H peanut oil in a frying pan and fry ch en pieces 1 layer deep, until go brown, turning with tongs from tim time. Remove chicken and place on per towels to drain.

In a skillet, melt the butter, add onions, carrots, celery, red and g peppers, rosemary, sweet basil, salt pepper. Over medium heat, sauté v vegetables are just tender (4–5 minu Add the spinach, mushrooms and b olives. Stir, then cook a minute or Combine the chicken broth with tom



Without almonds your husband would think this is just a hill of beans.

All by themselves, you can't expect green beans to grab your husband's attention. They're good alright. But not too interesting.

That's why we make Birds Eye® Combinations. Like our French Beans with Toasted Almonds, for example.

They have the look and flavor to catch a husband's eye. The same goes for our French Beans and Mushrooms.

Like all our Combinations, they amount to a lot more than just plain vegetables.



Birds Eye® Combinations
The first vegetables your husband might even notice.

(Above photograph is 2 times actual size.)

RECIPE INDEX

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With the end of summer, you may have to top cooking out. But here's an easy way to give your meat that terrific cookout appeal all year round.

Just brush Kitchen Bouquet® lightly on your meat (or fish or poultry) before you put it into the oven, or in the frying pan.

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And don't forget. Kitchen Bouquet, added to natural meat juices, makes delicious gravy.

e and pour over the vegetables. Stir- bring to a boil and cook 2 minutes er. Set aside.

eheat oven to 375°. Rub the inside lidded casserole—about 2 quarts— garlic; using both halves, rub gly with the cut sides. Arrange d lettuce on bottom of casserole and kle with mint. Lay half the chicken s on the lettuce and cover with half autéed vegetables. Place remaining cen pieces on the vegetables and, them, the rest of the vegetables and s. Cover casserole and put into for 35 minutes. To serve, garnish sprinkling of chopped peanuts. es 4–6.

FROZEN WALNUT CREAM TORTE
(pictured on page 67)

her dessert, this one from the ex- nt baking chapter by John Clancy, xpert with imposing credentials in food world, including his stint as test chef for the encyclopedic -Life series, Foods of the World. *recipes, though not limited to des- , include this particularly delicious that's sure to become a family fa- e. Furthermore, the cake can be e ahead of time.*

:
spoons unsalted butter, softened
lespoons flour
g yolks, U. S.-graded large
¾ cup sugar
1 teaspoon vanilla
¼ cup fresh bread crumbs, toasted in oven
1 cup ground walnuts
5 egg whites

Filling:
2 cups heavy cream, chilled
¼ cup confectioners' sugar, sifted
2 teaspoons vanilla

Prepare the cake pans: Spread the inside of each of two 9-inch layer-cake pans with 1 teaspoon of the softened butter. Line the bottom of the pans with wax paper and coat the paper with the remaining butter. Sprinkle each pan with 1 tablespoon of flour. Tip the pans side to side several times, allowing flour to coat the butter evenly. Turn the pans upside down and shake out any excess flour.

To make the cake: Preheat the oven to 350°. Place the egg yolks, sugar and the 1 teaspoon of vanilla in a large mixing bowl and beat with an electric mixer until triple in bulk. Stir in the bread crumbs and ground walnuts. Clean the beaters.

In another large bowl, beat the egg whites with an electric mixer until they become stiff enough to stand in firm peaks.

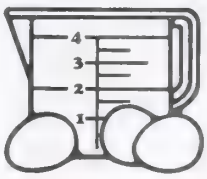
With a rubber spatula, stir ¼ of the whites into the yolk mixture. Pour it over the remaining egg whites and gently fold them together. Pour the batter into the prepared layer-cake pans. Bake on the middle shelf of the oven for 12 to 15 minutes, or until the cake shrinks away slightly from the sides of the pans. Remove the cakes from the oven and allow them to cool in the pans on cake racks.

Unmold and peel off wax paper if it adheres to the cake.

Putting the cake together: When the layers have cooled, whip the heavy cream until firm enough to stand in soft peaks. Beat in the confectioners' sugar and the 2 teaspoons vanilla. Place one layer on a serving plate and spread the top with whipped cream. Place the second layer on top of the first and spread it with whipped cream. Finally, spread the remaining whipped cream on the sides.

Place the cake in the freezer. When the cream is firm—about 1 hour—gently wrap cake in foil and return to freezer.

One hour before serving, remove foil and place the cake in refrigerator. Serves 8. *(continued)*



SMALL BRAISED CABBAGES
(Petits Choux Braises)



Don't be put off by the logistics of this recipe. It's one of the most interesting we've seen in a long time.

1 large green cabbage
10 slices of bacon (½ lb.), coarsely chopped
1 medium-size well-ripened tomato, cubed (1 cup)
2 medium onions, peeled and thinly sliced (1¾ cups)
5 cloves garlic; peeled, crushed and coarsely chopped (1 good tablespoon)
5 carrots, peeled and thinly sliced (1½ cups)
¼ teaspoon freshly ground black pepper
½ teaspoon dried thyme
2 bay leaves, broken into pieces
1 teaspoon salt
2 cups chicken stock
1 tablespoon good wine vinegar
2 tablespoons water
1 tablespoon arrowroot or cornstarch

Clean cabbage and remove any bruised leaves. Cut out the central core to separate the leaves. Try not to damage the large leaves; you will need them later to use as wrappers for the inside of the cabbage. Drop all the leaves into a large pot of salted boiling water. Push the leaves into the water and bring to a boil again. It will take at least 5 minutes for it to start boiling once more; when it does, cover, and continue to boil for 12 minutes more. Place the whole pot of cabbage under cold running water until the leaves are thoroughly cold. Drain in a colander. Select 10 of the largest leaves and set aside to use as wrappers. You will make about 10 little cabbages of these leaves. Cut away the triangular rib sections, which are tough.

Have a 6-ounce round ladle handy. Place a large leaf in the cup of the ladle so that it hangs over the sides. Fill the center of it with more cabbage, pushing to make it compact. Fold the overhanging leaf onto the center, and unmold. You will have a nice round little cabbage.

Press it gently to draw out some of the excess water. Repeat until you have used all of the cabbage to make about 10 miniature cabbages.

Heat oven to 400°. Put the chopped bacon in a large, flat baking dish. Top with the tomato, half of the onion, the garlic, half of the carrots, and the pepper; arrange the little cabbages on it. Sprinkle over them the remaining carrots, onion, thyme, bay leaves, and salt; pour the chicken stock over. Bring to a boil on top of the stove. Cover tightly with a large piece of aluminum foil, place on a cookie sheet in oven for 1 hour. Reduce oven to 350° and cook 1 hour longer.

Remove from the oven. Take off the aluminum foil; place little cabbages on a platter, and garnish by sprinkling all of the cooked vegetables on top of them. You should have about 1½ cups of juice left in the gratin dish; mix the vinegar and water with the arrowroot until smooth and add it to the juices. Stirring constantly, bring to a boil. Let boil for a few seconds, then pour over the cabbages. Serve hot as a whole meal with a salad. (Very good reheated.) Serves 6.

PARSLEY CUCUMBERS
(Concombres Persillés)



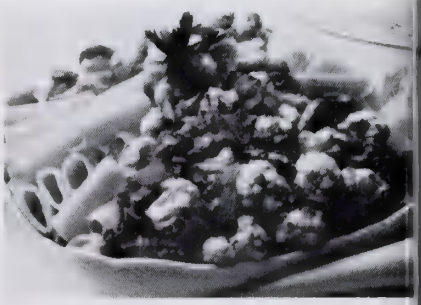
Jacques Pépin contributes a most imaginative chapter on vegetables, from which we have selected two recipes. Mr. Pépin has worked in many top French restaurants, including the celebrated Le Pavillon in New York. Though cucumbers are not usually served as a hot vegetable, they are one of the best accompaniments for poached fish in sauce.

4 good-size cucumbers (about 14 oz. ea.)
3 tablespoons sweet butter
½ teaspoon salt
¼ teaspoon freshly ground white pepper
1 tablespoon freshly chopped parsley

Bring a large pot of salted water to a boil. Trim each cucumber at both ends. Cut each one across widthwise into 4 pieces. You now have 4 cylinders for each cucumber. Place each cylinder flat-side-down on a board and quarter it. With a small paring knife, remove the seeds and cut the skin off each piece, shaping it as you go along. All the pieces should be about the same shape and size; this ensures proper cooking. Place the cucumbers in the boiling water and bring to a boil again. Reduce heat and boil slowly for 6–8 minutes until the pieces are tender when pierced with the point of a knife. To stop the cooking, put the pot under cold running water, placing at once a long-handled spoon across the top of pot so water will bounce off it gently onto the cucumbers. This procedure prevents the tender pieces from breaking under the force of the running water. When the cucumbers are cold, drain in a colander and cover with paper towel.

Melt the butter in a saucepan until it foams. Add the cucumber, salt, pepper, and cook over medium heat for 5 minutes—just enough so that the piec are very hot. Add the chopped parsle mix, then pour into a serving dish. Ser immediately with poached fish or a we sauced veal dish. Serves 6.

PENNE (or RIGATONI) WITH CAULIFLOWER
(Penne con Cavolfiore)



Another main dish pasta recipe fr Edward Giobbi. The combination of gredients is fascinating.

1 medium-size cauliflower
3 cloves garlic, chopped
¾ cup finely chopped onions
5 tablespoons good olive oil
2 cups tomatoes (preferably fresh), put through food mill
1 teaspoon oregano
2 tablespoons chopped parsley (Italian if possible)
Salt and freshly ground black pepper
2 cups sliced mushrooms
2 cans (6½ oz. ea.) tuna fish packed in olive oil, drained and broken up with fork
¼ cup white raisins
¾ pound penne, rigatoni, or any tubula pasta (imported if possible)

Cut off cauliflower flowerets. Wa them and cook in boiling salted wa for not more than 5 minutes. Drain a set aside.

Sauté garlic and onions in 4 tab spoons of the olive oil. When onions translucent, add tomatoes, orega parsley, salt and pepper. Cover a simmer over low heat.

In another pan, sauté mushrooms the remaining tablespoon of olive until they are tender; add to the si mering sauce. Cook several minut covered; add tuna, raisins and cauliflo er, cook 10 minutes more, cover Check salt and pepper.

Preheat oven to 350°. Meanwh cook pasta in boiling salted water about 8 minutes (it should not be co pletely cooked); drain, but reserve abo ¼ cup of the pasta water. In a deep, quart casserole, toss pasta with t sauce and the reserved ¼ cup of pa water. Cover and bake 10 minutes, pending upon type of pasta used. not overcook. Serves 6–8.



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THE HEALTHY SNACK

continued from page 77

All recipes are pictured on pages 76–77

1. GARDEN VEGETABLES A LA GRECQUE

The vegetable combinations can vary to suit your taste and the state of your leftovers.

¾ lb. (3 cups) fresh green beans cut in 2-in. pieces
1 medium head cauliflower, broken into flowerets
1 can (14 oz.) artichoke hearts, drained and cut in half
1 pint cherry tomatoes
2 cups (12 oz.) mushrooms, sliced
1 can (6 oz.) pitted ripe olives, drained
¾ cup white vinegar
¼ cup chopped parsley or 2 tablespoons freeze-dried parsley
1 tablespoon thyme, crumbled
1 tablespoon oregano, crumbled
2 teaspoons salt
2 teaspoons coarsely ground pepper
¼ cup olive oil

Cook beans and cauliflower in boiling water until tender but still crisp. Drain.

In a large bowl, place beans, cauliflower, artichoke hearts, tomatoes, mushrooms and olives.

In a small jar with a close-fitting cap, combine vinegar, parsley, thyme, oregano, salt, and pepper. Add oil and shake well to combine. Pour dressing over vegetables and toss to mix. Store in refrigerator in a covered jar for up to 1 week. Makes about 3 quarts.

2. INDIAN CHEESE CANDY

Called sandesh *in India, this was the hit recipe in our kitchens. We urge you to try it.*

2 quarts milk
1 cup (8 oz.) plain yogurt
¼ cup fresh lemon juice, strained
⅓–½ cup granulated sugar
¼ teaspoon ground cardamom
or
⅔ cup chopped pistachio nuts
or
6 squares (1 oz. each) semisweet chocolate, melted with 1 teaspoon vegetable oil

In a heavy 3- to 4-quart saucepan, bring the milk to a boil over high heat. As soon as the foam begins to rise, remove the pan from the heat and stir in the yogurt and lemon juice.

Pour the entire contents of the pan into a large sieve lined with a triple thickness of cheesecloth and set over a bowl. Leave overnight so all liquid will be drained off and the curds dry. (Whey may be saved and used in sauces or soups.)

Blend the curds to a smooth paste in blender container, with an electric mixer or by putting through a food mill. Place curds and sugar in a heavy saucepan over low heat, stirring constantly for 10 minutes or until mixture is thick. Remove from heat, spread in a buttered 8-in. square dish and sprinkle with cardamom or pistachio nuts or coat with melted chocolate. Chill. Or cheese mixture may be chilled, then rolled into 1-in. balls and sprinkled with cardamom or nuts or coated with chocolate. Makes about 18 pieces.

3. GRANOLA CRUNCH

Breakfast cereal or anytime snack, this is everyone's favorite snack these days. Here's a way to make your own.

½ cup honey
½ cup peanut butter
½ cup vegetable oil
⅓ cup brown sugar
4½ cups old-fashioned oats, uncooked
1 cup wheat germ
½ cup instant nonfat dried milk
1½ teaspoons salt
1½ cups (8 oz.) dry roasted peanuts
1 package (12 oz.) dried mixed fruit, snipped
1 package (8 oz.) dried pitted dates, snipped

Combine honey, peanut butter, oil and brown sugar in a saucepan; heat until it comes to a simmer.

Preheat oven to 300°. Combine all remaining ingredients. Pour honey mixture over dry ingredients (for crunchier granola add dry ingredients to wet) and mix well.

Spoon mixture onto a 15½x10½x1-in. jelly roll pan. Bake in a 300° oven for 1 hour, stirring every 20 minutes.

Remove from oven and allow to cool. (For granola that clumps together, pack granola down into jelly roll pan, and then let cool.) Store in a cool, dry place in an airtight container or plastic bag. To refreshen granola, heat in a 325° oven for 30 minutes and let cool. Makes 12 cups.



4. SOY-FILLED BREAKFAST ROLLS

Special for those who take breakfast-on-the-run.

2 tablespoons butter or margarine
½ cup soy nuts, ground
1 egg, slightly beaten
¼ cup brown sugar
¾ teaspoon vanilla extract
½ teaspoon ground cinnamon
1 package (8 oz.) refrigerated crescent dinner rolls
Granulated sugar

Preheat oven to 375°. Mix butter or margarine into ground soy nuts with a pastry blender or hands until mixture resembles coarse crumbs. Add one half of the egg (reserve remaining half of egg to brush over rolls), brown sugar, vanilla and cinnamon in a small bowl; set aside.

Separate crescent dinner rolls. Cut each triangle in half lengthwise. Sprinkle lightly with granulated sugar. Spread 1½ teaspoons of soy nut mixture onto each roll. Roll up according to package directions. Place on an ungreased cookie sheet. Brush with remaining beaten eg Bake in a 375° oven for 10–12 minut Makes 16 rolls.

5. LETTUCE ROLL-UPS

One of our diet snacks. Vary fillings will.

1 can (6½–7 oz.) tuna fish, drained
1 cup cottage cheese
1 cup diced apples
⅔ cup thinly sliced celery
¼ cup chopped onion
4 teaspoons poppy seeds
1½ teaspoons salt
¼ teaspoon pepper
1 bunch leaf lettuce, separated in leave

Lightly combine all ingredients exce lettuce.

Place small amount of mixture on ea lettuce leaf. Roll up and secure w wooden picks if desired. May be serv with additional apple slices. Serves 6.

6. YOGURT POPS

Healthy, quick, inexpensive—what m can you ask?

1 package (3 oz.) any flavor gelatin
1 cup boiling water
1 container (8 oz.) vanilla yogurt
1½ tablespoons honey

Dissolve gelatin in boiling water. Cl until slightly thickened. Beat in yogu and honey until smooth and combine about 1 minute.

Pour mixture into 3½ oz. paper drin ing cups. Freeze.

Insert wooden skewers or rolled pap lollipop sticks when pops are partia frozen. Tear off paper cups before se ing. Makes 6.

7. FRUIT-NUT ENERGY BAR

A good snack to take on hikes and bike trips.

3¾ cups (1 lb.) whole wheat flour
1 cup sugar
1 cup instant nonfat dry milk
½ cup wheat germ
2 teaspoons baking powder
4 eggs
2 cups water
¾ cup vegetable oil
½ cup honey
½ cup molasses
2 cups seedless raisins
1½ cups (8 oz.) snipped dried apricots
1 cup (3¾ oz.) sunflower seeds

Preheat oven to 350°. Combine all i gredients in a large bowl; mix well.

Pour into a greased 15½x10½x1- jelly roll pan. Bake in a 350° oven f 45–55 minutes. Cool; cut into ba 2½x1½ in. Keep refrigerated or frozen f longer storage. Makes 36 bars.

8. HI-PROTEIN WAFFLES

Batter can also be used for pancak Freeze baked waffles or pancakes a use as needed.

Waffles:
1 envelope (1.65 oz.) unseasoned textured vegetable protein (about ½ cup)
1 cup milk
6 eggs

(continue

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THE HEALTHY SNACK
continued

1 teaspoon salt
½ teaspoon vanilla extract
1 or 3 tablespoons vegetable oil
¾ cup all-purpose flour
½ cup wheat germ
1½ teaspoons baking powder
Butter-apple topping:
½ cup butter or margarine
¼ cup brown sugar
¼ cup shredded unpeeled apple
Dash ground cinnamon

To prepare waffles or pancakes: Combine envelope of textured vegetable protein with milk in a medium bowl. Let stand for at least 5 minutes, then stir. Add eggs, salt and vanilla; mix well. Add 1 tablespoon vegetable oil when making pancakes; add 3 tablespoons when making waffles.

Combine flour, wheat germ and baking powder. Add all at once to vegetable protein-egg mixture. Mix until just blended.

Pour batter onto a lightly greased hot grill or waffle iron. Bake, following manufacturer's instructions for your griddle or waffle iron. Serves 4.

To store baked waffles or pancakes: After cooling, place waffles or pancakes in freezer bag and freeze. To reheat, place in hot oven or toaster oven.

To prepare apple topping: Whip butter or margarine and brown sugar together. Add shredded apple and cinnamon. Serve with waffles or pancakes. Store topping in refrigerator. Makes ¾ cup.

9. FROZEN BANANA TIDBITS

With sugar so expensive, this recipe is a welcome one.

2 large bananas, peeled and cut crosswise into 1 in. chunks
2 tablespoons honey
Topping combinations:
No. 1. ¼ cup chopped peanuts and ¼ cup shredded coconut
No. 2. ¼ cup chopped peanuts and ¼ cup chopped chocolate pieces
No. 3. ¼ cup chopped peanuts and ¼ cup wheat germ

Dip banana chunks into honey. Combine desired topping ingredients. Roll banana chunks in topping mixture.

Place on a cookie sheet and freeze. When solidly frozen, place in plastic bag until ready to serve. Serve frozen. Makes 12 pieces.

10. FROZEN FRUIT MOLD

A nice dessert to have standing by in your freezer.

1 can (8¾ oz.) pitted bing cherries, drained, reserving ⅓ cup syrup
1 can (17 oz.) fruits for salad, drained, reserving ½ cup syrup
¼ cup mayonnaise
¼ cup confectioners' sugar
1 teaspoon grated lemon rind
1 cup heavy cream, whipped

Slice bing cherries into quarters and arrange on the bottom of eight 6-oz. molds. Dice fruits for salad into ¾-in. pieces.

Beat reserved syrups from fruits, mayonnaise, confectioners' sugar and lemon rind until smooth. Add diced fruits for salad and any remaining bing cherries. Fold in whipped cream.

Pour mixture into molds. Freeze. When ready to serve, unmold and garnish with slivered almonds, if desired. Makes 8 servings.

11. PINWHEEL BREAD LOG

Hors d'oeuvre quickies, these defrost almost instantly.

½ lb. liverwurst
1 package (3 oz.) cream cheese, softened
1 cup (4 oz.) shredded Cheddar cheese
3 tablespoons finely chopped onion
2 tablespoons chopped parsley (optional)
1 teaspoon Worcestershire sauce
½ teaspoon prepared mustard
1 loaf (1 lb.) unsliced or sliced white, whole wheat or rye bread, crusts removed

Combine liverwurst and cream cheese together. Add Cheddar cheese, onion, parsley, Worcestershire sauce and mustard. Mix until smooth.

If bread is unsliced, thinly slice lengthwise and trim off crusts. Cover slices with a damp tea towel for 10 minutes. Lay slices of bread on a flat surface and slightly flatten with a rolling pin. Spread liverwurst mixture on bread and roll up, jelly-roll fashion. Cover logs individually with plastic wrap and freeze.

When ready to serve, cut logs into ¼-in. slices and thaw 5 minutes. Makes 12 logs or 144 slices.

12. CHINESE TEA EGGS

Street food in China, these make good, filling snacks—another boon for dieters.

6 eggs
2 tablespoons black tea
2 teaspoons salt
1 teaspoon black pepper
1 teaspoon cayenne pepper
1 teaspoon anise seeds
¼ cup soy sauce

Place eggs in a 1½-quart saucepan, cover with about 2 cups cold water and bring to a boil; simmer 10 minutes over medium heat. Remove eggs from saucepan, leaving water.

Cool eggs under cool running water, then crack shells all over with a spoon but keep shells on eggs. Add all remaining ingredients to water in saucepan and simmer eggs again, this time for 20–30 minutes. Cool in liquid for 30 minutes. Leave eggs in their shells until actually ready to eat. Any leftover eggs may be refrigerated in the liquid for several days. Makes 6 hard-cooked eggs.



AMY VANDERBILT
continued from page 20

placed on a platter or serving plate before being served to guests. Whether the cutting board is a part of a platter the meat remains on the platter whether it is carved at the table, on the buffet or in the kitchen.

Wedding announcement

When a couple is planning to be married and each has been divorced, how should announcements be worded?

The fact that they were both divorced has nothing to do with the wedding announcement. If they are a mature couple, they might want to use this form:

Mrs. Spencer [or Jane] Smith
and
Dr. Elliot Squires Jackson
announce their marriage
on Friday, the eleventh of June
One thousand nine hundred and seventy-five
New York

Divorcée

If a divorced woman keeps her married name, is she Mrs. or Miss?

It is optional, but usually she is referred to as Mrs. I have known instances, however, where women preferred to keep their married names and precede them with Miss.

Kissing parents

Whenever I see my father (usually several times a week), I kiss him on the lips. My husband thinks this is strange. Is it?

In the United States, kissing parents is usually confined to cheeks rather than lips—a nonsexual greeting. In some European countries, parents are kissed on the lips, even including fathers kissing male children. It is not a custom in the English tradition, which we usually follow. If you have done this all your life, however, I see no reason why you should change now.

Potato skins

Is it polite to eat the skin of potatoes when dining in a restaurant?

You may eat the skin of the potato anywhere you wish to. You cut it with your knife and fork, but don't pick it up with your hands. Many of the nutrients of potatoes are directly under the skin.

Silver and gold

What are the guidelines for mixing gold and silver jewelry?

Many excellent jewelers mix silver and gold in their work today, so there is no prejudice against it now. Just be careful not to wear too much jewelry at any one time. **End**

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PEWTER MUGS from an old seaport tavern are the perfect foil for bouquets of Peonies (left), and Wildflowers (right). Design is stamped on homespun in complete kits. Size, 8"x10".

Photographs by Ben Swedowsky

ıpture A ılden Moment With SUNSET HARBOR ewel Kit

ımatically beautiful "Sun- Harbor," designed by ele Veres, is one of the ıplest-to-make kit stitch- es we've ever offered. Two sy crewel stitches — the it and the solid straight :reate most of the design. d only two other easy ches are used for accents. is handsome schooner sil- ıetted at anchor against a lden sunset evokes mem- es of great days under l and America's rugged ıfaring past. Kit is com- te; frame is easily assem- d. A big 18" x 24", "Sunset rbor" could be a striking al point in home or office.

By Ann B. Bradley



PROMISES TO KEEP

continued from page 65

friends would be inveigled by the intellectual seminars or music under the stars, for which Aspen had achieved a reputation, to spy on her. On the other hand, she might cut a recondite swath in such a milieu. The environment would certainly be proper for Sara, who was still in love with horses.

She had therefore rented, through her New York agents, Hacienda Castomingo, an old colonial ranch house, replete with housekeeper and caretaker. As soon as she unpacked she began to explore her letters of introduction and make phone calls.

Sara paid scant attention to the house. She was more interested in the barn in which were stabled the two dusty cow ponies that came with the deal. There also resided the caretaker, a tall, raw-boned young man with a shock of straw hair and faded blue eyes in a sunburned face. He had the beginnings of an Adam's apple and a taciturnity that defied description. His name was Gabe Allen and he slept on a shakedown bed in the harness room, cooking his Spartan meals—mostly *frijoles*—on a charcoal brazier.

On the first day of her residence when Sara set out to ride, he said that he would have to go with her. Sara protested she was a veteran; besides, who could fall out of a cowboy saddle?

"Anybody could get lost," Gabe said, a long sentence for him, cinched his own saddle and started after her.

Sara's arrogant efforts to treat him like a servant fell on barren ground. He reacted as if he were deaf or did not know what she was up to. He rode along, seeming to be part of the horse, savoring the mountain air and the splendors of unbridled nature, then moved ahead of her on the trail without comment. He never spoke except in polite monosyllables.

Sara, whose self-confidence was more bark than bite, began to feel put down as never before. She would have turned and spurted for the barn if she had not realized that he was right and she would be certain to get lost. As they came out of the trees at last into a clearing, he pointed to a patch of heady flowers beside the trail. "Columbines," he said, and gave her a brilliant smile.

It was then that something murmured in her chest and she changed her tactics to coquetry.

Gabe did not respond or become any more loquacious under this barrage than when confronted with the other. He was always the same—silent, patient, gentle, impervious to her wiles. She could not remember when coquetry ceased and became the real thing and she began to act natural. She followed him around like a troublesome puppy, asking him a thousand questions to elicit the sound of his voice. She spent most of her waking hours at the barn.

As the weeks passed, Sara scarcely noted that at the house there were always people for lunch or cocktails or dinner, who stayed late and occasionally spent the night. Her mother never failed to attract a following and they were all alike. They met only in passing or when Sara was commanded to appear at cocktails. "Please put on a dress," her mother said. "I get sick of seeing you in those filthy jeans."

Sara's appearance instigated a few wolf whistles. One of the bland, closely barbered tycoon types said: "And what do *you* do all day?"

From Gabe Sara had already learned the power of silence. Her mother answered for her. "She spends her life at the barn with the horses and the caretaker."

"Aren't you afraid to leave her alone with the caretaker? He might take care of her."

"Lord no," Mavis Morse said. "Though he rejoices in the name of Gabriel, he's too homely to be a threat."

"He is not!" Sara muttered and darted from the room.

It seemed to her long after that it must have been one of those suave, squirmy men, probably a legal beagle, who had been pussy-footing around that rainy afternoon and precipitated the crisis. A nosy third party must certainly have eavesdropped on the most blazing moment of her life.

She increasingly haunted the barn, chewing on her loneliness. Her father was forbidden to communicate with and her mother hadn't the time. finally told Gabe about the divorce the custody one night, sharing his *joles* in the flickering light from brazier. "It's not that either one of t really cares about me," she said, sunl self-pity. "Each one of them just wa to win over the other."

"They couldn't not care about so body like you," Gabe said, an unpre dented admission on his part. "It's something you've go to get throug survive."

"Do you care about me, Gabe?" asked.

He stood up then. "You've got to on up to the house," he said and took by the arm. The next day he was m taciturn than ever.

At the end of July there was an usual hot spell and the thunderhe rolled up over the mountains. Wh they started out that famous afterno Gabe looked at the ominous sky, but was determined to go and they rode on the longest trail. The storm br about halfway. Gabe unstrapped an cient poncho from under his saddle drew the horses together and they b sheltered under it, sitting upright in th saddles. Still, it was the closest she h ever been to him. When she shudde under the impact of a thunderbolt reverberating bellows of thunder, smiled at her. "Don't be afraid," he s "Brother Wind—Sister Water—Brot Fire."

"Wow, that's pretty," she said.

"St. Francis," he said. "A good n to know."

(continued on page



"The flowers in front of the pulpit this morning were given in loving memory of all our deceased parishioners by the Flower Shoppe of 23 Franklin Street who offer quality plants, cut flowers, nursery stock and floral displays for all occasions."

CKS FOR TOTS TO TEENS

nued from page 48

ush glue all over outside of wastebasket. pply posters, smooth with damp sponge, rim with scissors where necessary. r further protection, spray or brush on rethane to make basket washable.

ignature Bedspread

need: A smooth-surfaced bedspread to be trimmed; a roll of iron-on tape length of iron-on fabric (you can buy n the 5 and 10; it comes in many colors idths); scissors; iron.

begin:

t letters to spell out your name from on-on fabric, or devise letters by shapem from iron-on tape—or cut out any ative shapes you want to use.

ace bedspread on the ironing board and letters or shapes where you want them on your spread (shiny side down).

iron for cotton. Make sure there's no in the steam iron. Allow 5 minutes for o heat properly. Press iron down on then move it around and around to firmly. Do this 10 times; if edges don't down, pull up entire letter and try Iron on all letters in this way.

ecorated Drawers

need: An old chest of drawers (or a unpainted one); materials to decorate t, brushes, spray paint, or wallpaper aste, or fabric and white glue; scissors; ng tape.

begin:

int or spray paint chest. Use one color est, and another for each drawer.

int a free-hand design on a solid color

ncil a design all over a chest.

corate chest with stripes. Cover with y spaced stripes of masking tape; paint. paint is almost dry, remove tape.

er the entire chest with wallpaper or . First take out drawers and remove are; then cover chest with wallpaper ric, glued to surface. Cover drawer separately. Coat fabric and wallpa- that have not been plastic coated) with rethane. Replace hardware, first cut small hole for it. (Use small scraps of nt patterns of fabric or wallpaper to a patchwork effect.)

ecoupage Furniture

eed: An old piece of furniture—bureau, table—and materials to decorate: brushes, glue, polyurethane, cutouts magazines, catalogues, prints, wallpand fabrics.

begin:

nt the piece of furniture.

ange cutouts to form an attractive patnd glue to furniture.

ply a coat of polyurethane.

icked-Up Pencils

eed: A brick that has three or more in it, paint and brush or spray paint.

begin:

nt the brick. If the brick color shows h after the paint is dry, give it anoth- t. Use for pencils.

: Bricks can be decorated with fabrics ker.

LTS

Iarcia Cohen

we, this time, admit an imperfection,
, a speck against the glass,
row, with silvered logic,
fault?
we . . . do we dare?
et it pass?

"I couldn't join the club 'till I got Tuffy to eat



...Then I discovered Tender Vittles."

Tuffy is the club cat. He doesn't like to eat a lot of things. Like tuna, and canned ham, and caviar that I got from my mother's refrigerator. I thought he didn't like any food.

Then Angela, the smartest girl in the neighborhood, told me about Tender Vittles. She said it comes in six delicious flavors. And it's nutritious too. Tuffy liked it. He really liked it. I liked it too 'cause I didn't have to use a can opener. And I got in the club. Now I'm thinking of running for president.

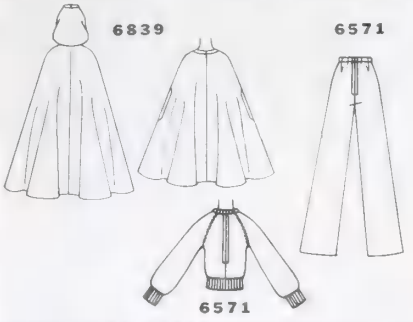
Purina Tender Vittles.
You'll both love it.



For your pet's health...see your veterinarian annually.

PATTERN BACKVIEWS

See pages 68-69. All yardages for size 10



SIMPLICITY #6839 Misses' cape. One size fits 8–18. $1.50. View 2, short cape requires 2⅞ yds. 58/60" fabric. Fabric shown, 100% textured Dacron polyester twill, by J.P. Stevens. View 1, below-knee length cape requires 3¾ yds. 58/60" fabric. Fabric shown, 100% polyester by Columbia Fabrics.



SIMPLICITY #6571 Misses' top and pants. 8–14 sizes. $1.25. Top requires ⅞ yds. 58/60" fabric, plus ½ yd. 44/45" ribbed knit banding. Fabrics shown, 100% Trevira polyester sweater knit by Jarmel. 100% polyester ribbed double-knit banding by Desire Mills. Pants require 1⅜ yds. 58/60" fabric. Fabric shown, Dacron polyester twill by J.P. Stevens.

SIMPLICITY #6718 Misses' blouse and skirt. 8–16 sizes. $1.25. View 1 blouse requires 2¾ yds. 44/45" fabric. View 2 skirt requires 2⅜ yds. 44/45" fabric. Fabric shown, 100% woven texturized polyester pongee by Cohama.

SIMPLICITY #6748 Misses' beret and scarf. One size. $1.15. Beret, ½ yd. 58/60" fabric. Scarf, 1 yd. 58/60" fabric. Fabric shown, 100% Trevira polyester rib knit by Jarmel.

Extra fabric required for floor-length cape.

PROMISES TO KEEP

continued from page 92

They eventually got back to the barn, wet and disheveled. She laughed at her hair, hanging in wet strings, and the rainwater on her face. When he came around punctiliously to help her out of the saddle, she took her feet out of the stirrups and fell against his chest with all her weight and lifted her wet face to his. He kissed her then with all the passion of a pent-up life, fitting his large hand around the back of her slender neck and pressing her head against his own. Sara's arms went around his neck and she clasped her hands fiercely together, as if to permit no alteration of this stance for all eternity.

"Whoa," he said, drawing back and pulling apart her clenched fists. "Now you run on up to the house and get into some dry clothes. I'm real sorry about this."

"Gabe, no!" she cried. "Stop treating me like a child."

"You are a child," he said. "I could feel your heart beating like a little wild bird."

"I'm already fifteen!" she said.

"Come back when you're a woman," he said. "Come back then."

"Will you be here?"

"I sure don't know, Honey," he said. "I got a pressing appointment with my draft board next month. I don't know where I'll be."

"I don't know where I'll be," she said. "In whose custody."

"You'll be in your own custody," he said, "when you get to be a woman."

"Will you wait for me?"

He appeared to ponder the question. "Yes," he finally said. "I'll wait for you forever."

"But how will I find you?"

"I figure we'll find each other," he said. "We have promises to keep."

"And miles to go before we sleep," she said. "Robert Frost, a good man to know."

When she got to the house the crisis was already full-blown. Mavis was standing at the door, white with rage. "Just who do you think you are?" she demanded. "The heroine of a Victorian novel, seduced by the first handy stable boy?"

"He is not!" Sara countered. "I was not!"

"I trusted you," her mother said. "It never once occurred to me that you would go shacking up with that leftover ski bum."

"How do you know he's a ski bum?"

"Because I remember him from the winter—those pale eyes."

"I don't care."

"Of course you don't care. But what do you think this would do to the custody case if your father found out? If this becomes known I'll be considered an unfit mother!"

"So that's it," Sara said. "What difference does it make?"

Mavis began to cry. "How can you say such a terrible thing, after all I've tried to do for you. I don't understand you young people. Have you no feeling for my reputation? Your place is with your mother. You're still a minor!"

"So I've heard," Sara said drily, shucking her boots.

"We are leaving tomorrow," Mavis said. "The caretaker's behavior is just cause for breaking the lease."

"I won't go," Sara said.

"Of course you'll go. You have no alternative. What do you propose to do—camp-follow a penniless ski bum? I wish your blue-blooded Boston father could hear that! I could have that man arrested for child molestation."

"You couldn't, because he hasn't done anything. Whatever happened, I'm to blame."

"You just pack," her mother instructed and swept out of the room.

He came to the door the next morning and asked for Mrs. Morse. He stood there, tall and loose, his expression mild, his eyes anxious.

"I can't imagine how you have the courage to show your face here," Mavis said. "I could have you arrested."

He ignored that. "I don't want you to be hard on the little girl," he said. "It was all my fault. She had nothing to do with it. Something came over me. I couldn't keep my hands off her. I'm ashamed."

"Well, you won't have the opportunity again," Mavis told him. "We are leaving for New York. I want to put as much distance between you and my child as possible."

"But it was my fault!" Sara shrieked from her bedroom, pounding the locked door. "I wouldn't let him alone."

She did not see him again. In New York her parents' divorce was consummated—the custody decided: six months with one, six months with the other. The settlement was awarded. She spent the next twelve months incarcerated in a Swiss finishing school. She spent the next four years in Smith College, summering in Southampton or the Adirondacks, depending on the custody. She had spent the past year tramping around Europe. It was what everybody was doing, but she really hated it. She was homesick, but unable to define home. In the stony, sun-baked plazas of Spain, in the dark, stinking alleys of Tangier, in the Square at Amsterdam, wherever, she could never think of anything but the outlines of a barn. Her mother had remarried and was on a round-the-world cruise. Her father was doing something in Washington and courting a gossip columnist, she read in the *International Paris Tribune*. She was continually amazed at the decadence companions she was able to fall in and put up with. But after a peculi nauseating experience, she got o plane and came back to the Un States. She checked into her motl apartment, shrouded in dust covers, activated a bedroom. Shortly after her father's law firm contacted about her approaching twenty- birthday.

Sara wandered in the barn, membering, and her heart lifted. In than thirty minutes she had reache decision. She drove back to Aspen parked and walked into the first r estate office she came to. A jovial man in his shirt sleeves was behin desk, fanning himself.

"What can I do for you, young lad he asked.

"I'm interested in a piece of pro ty," she said, "out beyond Snowm That old ranch house with the big b and windmill."

"Castomingo," he said. "You coul have picked a nicer spread. But afraid it ain't for sale."

"Anything's for sale for eno money," Sara said. "I'm really in ested."

"I dunno," he said. "Fellow that o it seems mighty stubborn. Been in family for generations—Spanish L Grant. He was born there, and working the farm now, raising sc cattle. He's turned down a lot of offe

"He must be prosperous," she s "to refuse enormous profit."

"Nope. He's dirt poor. Old place mortgaged to the hilt by his dad when he got under some kind of clo The boy is about to work himself death, just meeting the interest."

"It doesn't seem fair to his fami

"Got no family. They're all dead. never got around to marrying yet. J got home from the war last summe P.O.W. nigh onto five years. Got a away look in his eyes like they hav like he was listening or waiting something."

"What did you say his name was?"

"Didn't say, but it's Allen. Ga Allen."

Sara stood swaying, waiting for t pounding waves in her blood to s side. Perspiration beaded her forehe "I think I'll drive out and have a t with the owner," she said and started the door.

The old man followed her out. "Ok but I think you're wasting your tim he said.

"Not any more," she called, inexpl ably, and gunned the motor.

Call it coincidence, if you don't b lieve in the power of promises. E

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30 WAYS TO $AVE

continued from page 45

before you're admitted to the hospital. More than one out of every three Blue Cross plans will pay benefits for this type of outpatient visit, and many insurers also pay through diagnostic riders to the health insurance contracts.

26. Try not to go into the hospital on a Friday. The hospital usually is not fully staffed over weekends, and if you go in on a Friday you'll have to wait until Monday before all the necessary tests can be performed. Meanwhile, you well may be paying $100 or more a day. Try going in on Tuesday—the shortest average stay is frequently found for patients admitted on this day.

$AVING ON MAIL COSTS

27. Save on postage: 1) Save by substituting postcards for letters when possible; 2) First-class mail to destinations of more than about 400 miles away goes by air, whether it has an air mail stamp or not, so use regular stamps and save. 3) For letters abroad, use much cheaper postage-paid "aerogrammes" that can be mailed anywhere. Also note: the extra 60¢ you pay for special delivery does *NOT* guarantee you faster service —and may delay your mail.

28. Look into the service offered by United Parcel Service, the major private competitor to the U.S. Postal Service. UPS now handles twice as many parcels as the Postal Service—at generally cheaper rates. Its service also is faster and more reliable—and its damage rate is about one fifth that of the Postal Service. Also, UPS offers many extra-fee services that the Postal Service does not.

$AVING ON ENTERTAINMENT

29. Have you or your husband mix the first drink for everybody, then suggest that everybody mix his or her own after that. People tend to drink less (and enjoy the party more) if an overgracious host doesn't lunge for empty glasses the instant they are drained. Also, if you're the type of party-giver who insists on flowers for every table in the house, consider buying just a dozen or so well-chosen ones, plus a bundle of pretty greenery. One or two flowers in the right-size vase can look just as good as a profusion—if you arrange the flowers right.

30. Save on the high cost of eating out by favoring restaurants that have relatively short, simple menus. Because food is not wasted in the kitchen, you can get a far more elegant meal for your money if the chef and the kitchen staff can concentrate on a few menu items.

End

"CINDERELLA"

continued from page 71

yet they were far from my preconceived picture of the happy-go-lucky idle rich. I later came to realize that in some areas they were actually impoverished.

Much later, when I got up enough courage to be curious with Steven, I asked him how and where he had spent the happiest summer of his life. Steven told me of his summers at the ranch in Jackson Hole, Wyo., that belonged to his grandfather, John D. Rockefeller, Jr. His parents had given him permission to stay with the ranch's foreman, Red, and his wife, Belle. Steven worked from early morning until late at night, doing any job Red asked him to do. The most meaningful part of Steven's summer, however, was that he ate every meal in the small kitchen with the couple. He told me that if he ever got married he would spend his honeymoon at the ranch, where he had truly been at peace with the world.

I contrasted my picture of Belle, in her tiny kitchen, with Steven's mother, Mary Todhunter Clark Rockefeller. I recall an incident that made me realize how accustomed she was to having her meals gracefully served. One day I was told that I was to have the privilege and opportunity of completely planning and preparing Sunday dinner for Mr. and Mrs. Rockefeller, who were expected back from the country in the early evening. I thought I did a fine job with the cooking itself and with every other detail, even to the setting of the table with the proper linen, flatware, and silver candlesticks. Seven o'clock came, seven-thirty, eight o'clock. I began to get impatient. I had a date to go to a party. At nine o'clock I left my proud culinary accomplishment on the very old-fashioned stove.

Hamburger Heaven

The following morning Mrs. Rockefeller came directly to *me*. "Anne-Marie, what happened to you last night?" she asked. I explained the situation as best I could, but she admonished me by saying, "Don't ever do that again! I had to take my husband to Hamburger Heaven on Madison Avenue."

Four months passed. I was soon to spend my first Christmas away from home. Part of my joy that year was being invited to the Rockefellers' front-hall entrance to see their Christmas tree, and being greeted and thanked by each member of the family personally. I fondly remember greeting Mr. Steven, who still had the special look I had now memorized from his photograph. All the help were given envelopes with money in them. Mine contained ten dollars, which I still have. We were all wished a "Merry Christmas and thanks from Mr. and Mrs. Nelson A. Rockefeller," in Mrs. Rockefeller's own handwriti

In the spring I was told that the tire New York City staff, except for M Rockefeller's secretary, Mrs. Bay, wo accompany the family to its Pocant Hills Estate in Tarrytown, N.Y.

"Big House"

Our daily routine here was simila that in the city. On our aftern breaks, however, we were allowed walk anywhere on the estate as l as we didn't interfere with the sac privacy of any of the other Rockefe homes, the largest of which was Kyk —called the "Big House."

The most surprising discovery that Mr. Nelson Rockefeller had his private house. It was 500 yards a from the house he shared with family. It had a round living ro three bedrooms, and an outdoor sw ming pool. He went there every ni and as far as I knew he never slep the main house.

Years later Mr. Rockefeller ha hideaway built for himself, located side the inner sanctum but still on est grounds. It was a whole enclave, c plete with a unique modern house babbling brook, a lake stocked w bass, a nesting ground for fowl, an sanctuary for wild life. It also inclu a few log cabins to remind him of A ham Lincoln and the good old days America. This area was fenced in, Mr. Rockefeller and Mr. Moore, the ca taker, had the only keys. Mr. Rocke ler stocked his retreat with wall-to-w art, inside and out, even on the li island in the middle of the pond.

As soon as the children arrived ho from school we began preparation our sojourn at Seal Harbor, Maine.

The young Rockefellers were th and being in the same house with t every day was exciting for me. The c mentioned that she knew Mr. Ste and Mr. Michael were especially f of their dogs, but she found it stra that Steven all of a sudden found it n essary to come into the kitchen so o to feed and check on the dogs, and make small talk with the help.

We hadn't been there very long w Mrs. Rockefeller presented us all w free tickets to the big local event: annual Fireman's Ball. This affair for the local people and the help f different homes. I only hoped Mam wasn't "watching" me as I tried so c pérately to dance. In the midst of noise I was aware of a strange mom tary silence and a surprised look some of the faces of the Rockefe staff. I looked toward the entrance the hall. There was Steven Rockefel

In a very short time, while I was h ing difficulty dancing with an ur tractive Swedish man, Steven polit cut in. Later, to my surprise, he as to drive me home. But on sec

ought it didn't sound too preposterous me—after all, we were going to the ne place. I did think it was at least slight gamble, however, because I dn't have enough for a one-way fare ck to Manhattan if Mrs. Rockefeller ggested such a journey. After all, she ght not be delighted if she found out at her son had driven me home from local dance. As if reading my mind, even assured me that he would see it that there were no embarrassing nsequences for me.

The car we drove home in was a her beat-up old Ford convertible. it it had a good radio. Steven told me ne of his favorite songs were "Pennies m Heaven," "The Best Things in Life e Free," and "Making Whoopee." We k the long way back, but never had experienced such gentlemanly behaor from my escorts at that hour in the rning. Steven talked very seriously most the whole time! Mamma used to l me how a good boy should treat me ow he should respect me. Now here was with this warm, quiet, soft-spoken n, who approached me as if I were e perfect jewel.

Precious and hidden

I soon learned that I was indeed like precious jewel—one that for obvious sons has to be kept hidden away. I derstood perfectly well that in front Steven's parents and the servants I s to keep my respectful distance, but ing so was often confusing and pain-l. After many casual, accidental, and tentional glances back and forth, and er nonverbal contacts, Steven asked see me again alone.

This time we planned to use his her's sailboat, *Nirvana*, as our hiding ace. He smiled as he helped me on ard and told me I reminded him of other blond-haired, blue-eyed girl he ew, who seemed outgoing and relaxed d yet blushed almost as much as I was ushing at the prospect of a kiss. I was st receiving that first tender yet strong nbrace from Steven when we heard meone approaching. It was Mr. Rockeller's captain, Marvin Bryant, coming check on the boat. Steven, who gave m some short and simple explanation, emed to handle the loyal captain th politeness and even a little humor. ter the captain left, the evening pped by rapidly, and we didn't leave r shore until sunrise. I had to be back the good old kitchen by 7 A.M. to lp the cook.

Before we left each other we made ans to meet again the following eveng. So began the confusing pattern: tchen maid by day, and by night, setly, romantic girl in love. Eventually r long hours of talking, driving, petg, and hiding tired me out mentally d emotionally.

One night, when Mr. *(continued)*

Here's How You Can Sponsor A Child



Here's What You Do

- Fill out your name and address on the coupon.
- Indicate your preference of boy or girl, and country.

Or . . .

- Check the box marked "Choose any child who needs my help," allowing us to assign you a child from our emergency list.
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- In about two weeks you'll receive a Personal Sponsor Folder with photograph and information on the child you sponsor and a description of the project where the child receives help.
- Later on . . . a "welcome letter" from the overseas field office.
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- The opportunity to write directly to the child. You will be given the mailing address and detailed instructions on mail to your child's country.
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- And the satisfaction that comes from helping a deserving child.

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- Psychological support because the child knows *you* care.

Sponsors are urgently needed for children in: Brazil, India, Guatemala and Indonesia.

Write today: Verent J. Mills

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I wish to sponsor a☐ boy ☐ girl in

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☐ Choose any child who needs my help. I will pay $15 a month. I enclose first payment of $_____. Send me child's name, story, address and picture.

I cannot sponsor a child but want to give $_____.

☐ Please send me more information.

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Address_____

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LH1910

and Mrs. Rockefeller were going sailing for the whole evening, Steven surprised me by inviting me to see slides of parts of the world that he and his family had visited. The screen was set up in the recreation room. Later we both felt thirsty, and Steven automatically rang for the butler. When Charles entered he seemed shocked to find me sitting with Steven in the family's quarters. I could feel his animosity and disdain. When he handed me my glass of ginger ale and it was only about half full, Steven asked him if he would be kind enough to fill it up. I pictured Charles going back with a full report about me and "Mr. Steven" to the rest of the staff, and I knew then I was in for a tense breakfast with all of them next morning.

Suddenly we heard Mrs. Rockefeller's voice say, "Steven, how kind of you to show Anne-Marie our slides. Goodnight, Steven. Goodnight, Anne-Marie."

I could have passed out. But it was typical of Mrs. Rockefeller to have ended our evening together with such finesse.

Soon it was time to close the house and travel back to Pocantico Hills, where we managed to continue our undercover romance. Steven could still come and throw pebbles at my window; and his bedroom was on the first floor, which made climbing in and out easy for me.

One day we were sitting in Steven's bedroom. There was a knock on the door and Michael's voice called, "Chief." (They had called each other and their father "Chief" or "Chiefy" ever since an African trip.) Steven told me to go into the closet, where I spent some nervous moments, which seemed like hours, among his smelly boots.

Finally Michael left. I was relieved to come out of the stuffy closet, and I told Steven that I couldn't bear the "suspension" much longer.

Maybe someday

He loved my many Norwegian-English mistakes. He told me more than once how my so-called naturalness and my heavy accent made me unique and different. He was always very honest in telling me that he did not love me, although maybe someday he could learn to. I didn't press him for a commitment, for fear of losing him.

One evening I noticed that he was getting ready to go out. I had a feeling he was going to see his girl friend from Vassar whom he'd dated for two years before this summer. My imagination went wild.

Much later I heard my name being called underneath my window, but I just ignored his calls, feeling rejected and sorry for myself. Next morning while I was supposed to be cleaning his room, he left the breakfast table temporarily and came in to speak to me. I told him I could accept his going out with someone else but I thought he had added insult to injury by wanting me to see him afterward! He looked quite dear as he quietly and calmly told me he actually had seen the girl from Vassar—in order to tell her personally about his new relationship with me, which meant the end of their dating. He seemed to care enough about her to be honest. It was a surprise to hear him admit how close he and I had grown. All kinds of emotions began to well up inside me. It was an awkward time and place for such a disclosure. But Steven gave me a big hug and left, while I finished cleaning his room.

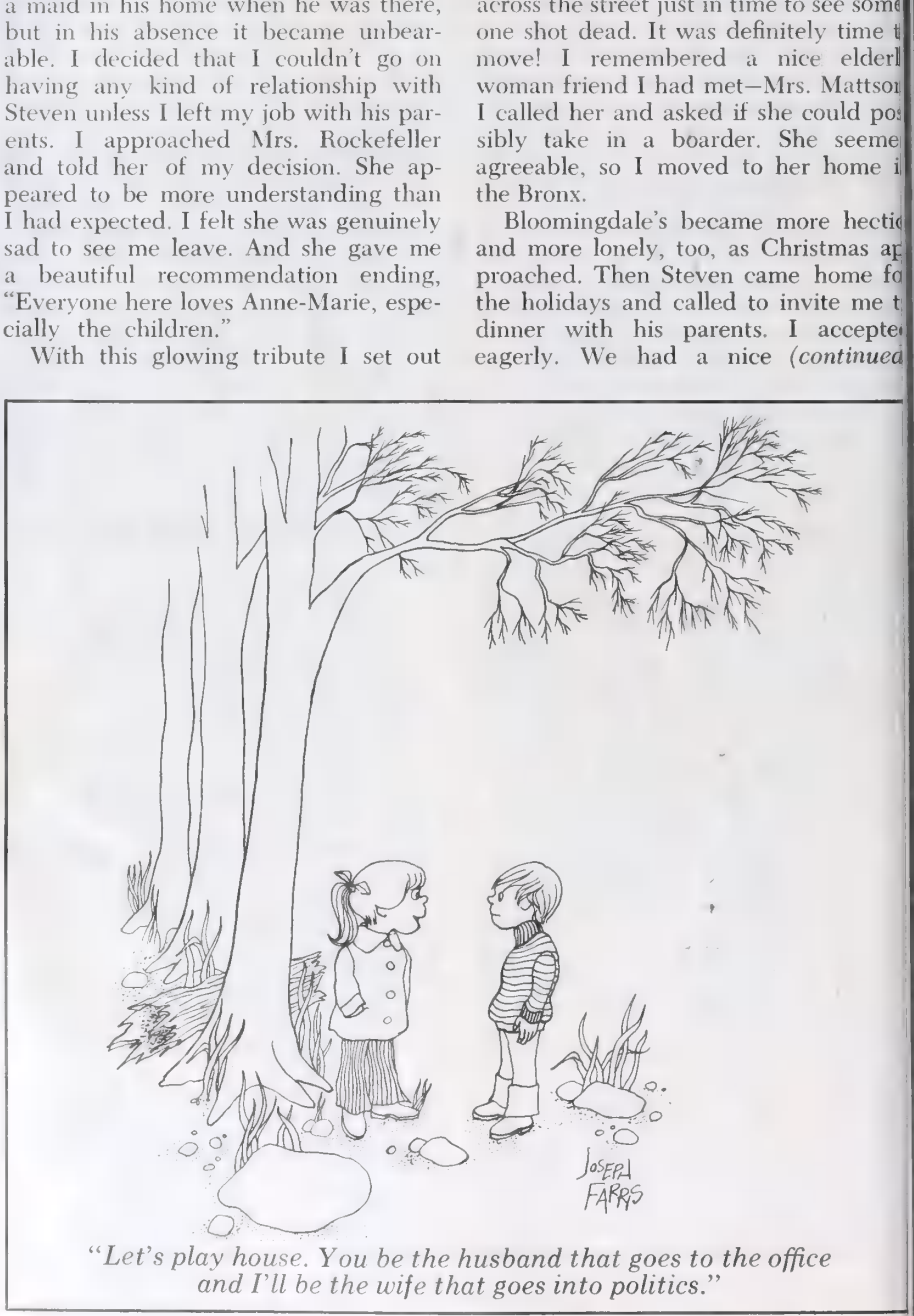
Then we returned to the apartment in the city, and Steven left for his senior year at Princeton. It was difficult being a maid in his home when he was there, but in his absence it became unbearable. I decided that I couldn't go on having any kind of relationship with Steven unless I left my job with his parents. I approached Mrs. Rockefeller and told her of my decision. She appeared to be more understanding than I had expected. I felt she was genuinely sad to see me leave. And she gave me a beautiful recommendation ending, "Everyone here loves Anne-Marie, especially the children."

With this glowing tribute I set out in the fall of 1957 to keep from becoming homeless and jobless. First I found a room at 173rd and Broadway. Then I went to Bloomingdale's and got a job as a sales clerk. I was placed in the lingerie department.

In late fall Steven asked if I'd like to come to Princeton for a weekend. I couldn't believe that I was about to have my public debut as Steven's date. I excitedly called Uncle Andres and Aunt Margit. I thought I could dress at their home and have Steven pick me up there so they could meet him, but they refused. Uncle Andres was sure Steven's intentions would not be honorable. I decided to meet Steven downtown.

When I got back to New York, I had so much to think about. I decided to continue studying English at Hunter College. Shortly thereafter, while talking to Steven one evening in a pay phone booth near my building, I looked across the street just in time to see someone shot dead. It was definitely time to move! I remembered a nice elderly woman friend I had met—Mrs. Mattson. I called her and asked if she could possibly take in a boarder. She seemed agreeable, so I moved to her home in the Bronx.

Bloomingdale's became more hectic and more lonely, too, as Christmas approached. Then Steven came home for the holidays and called to invite me to dinner with his parents. I accepted eagerly. We had a nice *(continued*



"Let's play house. You be the husband that goes to the office and I'll be the wife that goes into politics."

Only one Burger for dogs has what you think every one has.

U.S. Government Inspection. Ken-L Ration Burger is the only one that has it. Look at the labels.

U.S. Government Inspection of food is something many of us take for granted. But that's a mistake when it comes to dog foods. Because there's no law that says *dog foods* have to be government inspected—not even soft, moist foods—like Burger.

As a matter of fact, for a Burger to get government inspection, the people who make it have to ask for it. And if they do, they're also asking for a lot of extra time, effort, and expense.

But that's exactly what Ken-L Ration Burger does. And maybe that's why *only* Ken-L Ration Burger does it.

How government inspection works.

An inspector from the U.S. Department of Agriculture is on the floor of our plant every single day. He checks the wholesomeness of the ingredients that go into Ken-L Ration Burger. He inspects the sanitation of every piece of equipment that touches these ingredients.

Only with his approval does Ken-L Ration Burger get to carry the U.S. Department of Agriculture seal for wholesomeness. Obviously, the government seal says a lot about Ken-L Ration Burger. The fact is, without U.S. Government Inspection it's impossible to know exactly how any dog food is made.





Our Burger is better for your dog than hamburger.

It actually has more protein than fresh ground hamburger. More balanced nourishment than hamburger. And a lot less fat than hamburger.

Ken-L Ration Burger is 100% nutritious. You could feed it to your dog every day, and it's all he'd ever need.

Shouldn't this be the Burger your dog eats?

We think the whole idea of Burger for dogs makes sense. It's easy to store, never needs refrigeration, and it's fresh every time you serve it.

And dogs love the moist, meaty taste of it.

And since Burger for dogs is such a good idea, isn't the only Burger that's government inspected an even better idea?

evening, and although his parents were formal they were also cordial. My only problem was that I was starved, and when I saw what small portions Mrs. Rockefeller took I decided to do the same, trying my best to be a lady. I left the table only slightly less hungry than when I'd arrived. Steven drove me home afterward and seemed pleased that the evening had gone so smoothly. When we reached Mrs. Mattson's, he gave me a huge package. I invited him in, and gave him the Norwegian sweater I had knitted for him for Christmas. Wishfully thinking that a ring would come in a small box, I was not terribly excited about my own big present, though I had never seen such a large and cumbersome package. And when I opened it, I was literally speechless: inside was a life-sized stuffed penguin! I had never heard of a grownup giving a toy to another grownup, and I couldn't understand why Steven had chosen such a strange gift, or if it was meant as some kind of secret message.

As usual, I spent the Christmas holidays with Aunt Margit and Uncle Andres. I went home feeling miserable and fell asleep with my penguin and Steven's Christmas card.

Steven was drafted into the Army, and after the holidays went to Fort Dix, N.J., for basic training.

Motherly advice

One day Mrs. Rockefeller telephoned me to have a quiet, personal talk, as she would with her own daughters. She seemed concerned about the fact that Steven and I might be dating each other too exclusively. She thought it would be wise for both of us to date others for a while, and just enjoy ourselves, without all the complications that beset a serious relationship. She meant to be kind, but didn't realize how advice to someone like me might be taken. I immediately wondered if she wanted me to break up with Steven and if this was how it was to end, or if she was showing genuine concern for me as a daughter. She wanted me to think about the serious and necessary social adjustments I was making, and would have to continue to make, in order to fit into Steven's world and his life. She had another piece of motherly advice: the sweater I had worn when I was last in her company was too tight. I shouldn't wear such clothes if I didn't want to give people wrong ideas about what kind of girl I was. A thought flashed through my mind that she had no cause to worry about Steven's behavior, whether or not I wore a tight sweater.

One night Steven took me to see *Song of Norway*, and on our way home he managed to get lost. In some ways I did not mind, because Mrs. Mattson was away and I was returning to an empty apartment. It was only when we had nearly reached Mrs. Mattson's that he surprised me by announcing that he had a toothbrush in his pocket and if I wanted him to spend the night he could; but he quickly added that he would be proper and not do anything that would embarrass me or upset Mrs. Mattson.

This Rockefeller tradition of propriety was beginning to get me down! We didn't sleep much that night; instead, we had many hours of probing conversation. I became stubborn, because in no way could I get Steven to speak of his love for me or anyone else. He just kept repeating, "Perhaps I will learn to love you!" Maybe he was only being honest, but honesty in such a large dose is sometimes hard to swallow. What he said and what I felt with him were two different things. I began to get an urge to return to Norway and forget about my life in America and Steven Rockefeller.

Mr. Rockefeller was elected governor of New York in November of 1958. Steven regarded his father's honor with solemnity and such a strong sense of responsibility that he questioned the meaning, purpose and direction of his own life over and over again. His search for some new but previously hidden meaning seemed painful, exciting and necessary.

Off and on I began to feel ill, and I was pleasantly surprised by an invitation to go to Florida with an elderly childless couple who had always been kind to me while I lived with Mrs. Mattson. Steven called and wrote to me often. He seemed to be missing me, and he looked forward to my return.

We met at the airport and drove to the Rockefellers' home, where we went to Steven's quarters until dinner. I was tired and nervous, and really not paying too much attention to what he was saying, when I was astonished to hear him ask me how I would like to be his wife. At first I laughed. And then I hugged him, which was the only answer I could give at the moment. Whatever Mr. and Mrs. Rockefeller thought or knew about us at that moment, they kept their opinions to themselves. However, Governor Rockefeller took me by complete surprise as I was about to leave after dinner. Without letting anyone else become aware of the fact, he pressed something into my hand. Inside a beautiful box was an exquisite gold and jade necklace.

Not long after, Mrs. Rockefeller telephoned to report that Steven was in the Army hospital with an undiagnosed illness. Immediately I wired him two dozen roses. I wanted to go to see him, but he wrote that I should wait until he was feeling better. By now they had discovered that he had pneumonia.

On the bus ride home from the ho pital, I realized the extent to which cared for him, and wondered if I wa going to keep my balance—if it wouldn be better to go back home to Norwa and find someone who would "learn t love" me faster. My father had retire and he and my mother moved to th mainland, to a little place called Lohn

The day I left New York City in th spring of 1959 was especially poigna for me. Steven wouldn't come to th pier to say good-bye because my au and uncle, who still didn't trust hin would be there. He tentatively pron ised to land in Norway someday, an maybe then, maybe there, we woul have no more painful good-byes.

First and only

When I reached my parents' hom there were a surprising number o anxious letters from Steven. His la day in the Army was to be July 9, an then he planned to leave for Norwa He told me of the hours he had spen thinking about our relationship. He tol me quite honestly that I was the fir and only girl for whom he had care The realization was coming to him ho much he loved and missed me. The le ters became more and more tender an romantic, and on June 2, I received letter that said, "P.S. Let's get marrie on August 15. XOX."

We made plans to meet at the Osl airport, and Steven cautioned me tha if he was a bit reserved when he greete me it would be to avoid a public dis play of emotion that could lead any re porters that might be on hand to dra their own premature conclusions.

In Oslo, he told me he had bee thinking how much fun it would be t travel to my home by motorcycle. I seems he had always had a desire t drive one, but hadn't been able t imagine a Rockefeller in a black leathe jacket and motorcycle boots roarin around New York City. Before I knev what was happening, he had bought small, inexpensive motorcycle.

After we got under way, I just held on tightly to his waist, alternately wish ing we would never reach my parents home and praying we would get ther in one piece. When we did eventuall arrive, my parents just stared at m quiet, soft gentleman from America. H did not look anything like a playboy.

Soon Steven was fully accepted a part of our small household. His thoughtful though halting Norwegian made Papa feel at ease. His silent grace before meals and the gusto with which he ate endeared him to Mamma, who asked him to call her by her first name Lovise. Torhild and I were relieved that Steven actually found it rather delightful to wait his turn for our only bath room.

Everything about the trip seemed to

going so smoothly that I wondered
ıy Steven had said nothing about our
gagement and marriage since the last
ter I'd received from him. One day
ıst confronted him with the subject.
even confessed then that he had been
rrying the ring everywhere with him
ce leaving home. At one point, he
d, he'd been tempted to ask Papa to
ke him out in his boat so he could
ow the ring into the North Sea: he
d a premonition that if he did that he
uld spare us both a lot of future sad-
ss. But later, he told me, he decided
could not go back to New York
thout me, or turn away from the pros-
ct of a simple, natural life in a cozy
me with meals planned, prepared
d served by me. He then presented
with the lovely ring. It was under-
ted and plain, with a small diamond,
t to me this long-awaited gift was the
ost precious and significant I had ever
eived.

No servants

Steven had many requests to make
out our life together, but only one of
em was easy: we would not have any
vants, at least in the beginning, be-
use he wanted us to start off like any
her couple—doing our own planning
d painting and fixing, and getting to
ow each other in the process, just the
o of us, on our own. That sounded
e paradise.

We didn't have much time for all the
cisions and preparations that go into
wedding.

When Mrs. Rockefeller arrived, she
yed at the Ernst Hotel but came out
the house to meet my relatives and
end some time with us. The next ar-
vals at the airport were Steven's two
others, Michael and Rodman, and
odman's wife, Barbara.

Steven and I, crowds of reporters,
d many Norwegians waited at the air-
rt for the plane carrying the Gover-
r and his two daughters, Mary Rocke-
ller and Ann Pierson. When the
overnor stepped off the plane, waved
the crowd and shouted "Hiya, kids!"
received a thunderous welcome of
Rockefeller, Rockefeller!"

The hour for the wedding finally ar-
ved. When the pastor turned to Steven
d asked if he would take me as his
ife, Steven said, "I do."

As if to compensate for this gentle
swer, I almost shouted a strong, firm
a" when asked if I would take Steven
my husband.

After the reception, the driver of the
r took us home via a carefully dis-
uised route. Nobody really expected
to spend our first night as Mr. and
Irs. Rockefeller in my room at home
a house where my family was also
resent.

Neither of us felt very much at ease,
nowing my parents and *(continued)*



CAN YOUR MATURE SKIN WAIT MUCH LONGER FOR THIS NIGHT CREAM?

Eventually there comes a moment in your life you can no longer postpone. You finally realize that your mature skin is undeniably ready for a very special kind of night cream. No friend will need to mention that the fateful moment has come. You'll know. Your mirror will tell you, very honestly, that it's time for you to discover enriched Olay Vitalizing Night Cream.

Now share the secret benefits of this singular cream, benefits sought after and appreciated by a fortunate group of women in many parts of the world who continue to achieve their youngest possible appearance. Olay Vitalizing Night Cream is particularly beneficial for the special dryness problems of older skin. A wealth of ingredients makes wrinkles less noticeable by softening and soothing away aging dryness. And as those aging little wrinkles and other unwelcome lines become less noticeable, you almost inevitably look your youngest.

A single touch tells you that Olay Vitalizing Night Cream is meant for you. This night cream is thick, rich, concentrated. No frivolous, fluffy, lightweight to apply so casually you'd hardly know it was there. Moisturizing ingredients, emollients and soothing unguents, especially appropriate for the very real dry-complexion problems of your mature skin, combine to smooth and cherish your complexion, to ease away dryness. Your complexion grows smoother and softer, beginning with the very first nights of use.

Olay Vitalizing Night Cream was created to be massaged on faithfully, thoroughly, carefully every single night of your life. Use firm but gentle upward strokes of your fingertips, beginning at the very base of your throat and working upward to your forehead. Pay particular attention to the skin around your mouth and eyes, areas where little signs of age can show themselves far too soon.

Be sure, too, to leave a light film of Olay Vitalizing Night Cream on your skin. This acts as a protective barrier that helps keep your skin's own vital moisture from escaping into the night. These silent hours of sleep are a most propitious time for skin enrichment.

Look in your mirror carefully tonight and answer honestly. Can you afford to wait much longer for this very special night cream?

Beauty Hint

If you always want your husband to see you at your very best, so that he thinks your youthful good looks "just happen," then you may want to use Olay® Vitalizing Night Cream in total privacy. Massage on before your bath and let the cream work its beautiful magic while you soak luxuriously in a warm tub.

"CINDERELLA"
continued

sister were coming home at any minute. As I started to fall asleep in Steven's arms, I could hear him whispering "Mrs. Steven Rockefeller," as though he, too, doubted that he had finally married me. He quickly added that he was happy and proud that I had chosen to become his wife.

The next morning, when I thought of all the new people I would have to meet and all the curious Americans who would be judging me, I looked at Steven and said, "Promise to stay close to me."

As we stood at the airport saying our good-bye to my family, on August 23, 1959, I recalled that it was exactly three years to the day that I had left for America the first time.

Before he boarded the plane, Governor Rockefeller looked at the people gathered there and said, "Thank you for Anne-Marie."

On the plane, we had a first-class compartment, with berths that were too close for comfort. I felt terribly shy about climbing into the berth with Steven, because I felt that everyone was looking at us. Steven fell asleep quickly as I rested in his arms, but even though I was as tired as a sick worm, I lay awake for hours.

Diamonds and sapphires

Early in the morning I opened my eyes to a large jewelry box that my new father-in-law must have pushed through the curtain. Inside was a necklace of diamonds, pearls and sapphires. It surely didn't seem to fit me or anything I had to wear. But Steven explained it was the kind of jewelry that I would keep in a safe-deposit box at Chase Manhattan Bank, as his mother always had done, and might take out just now and then for a dress ball or other grand occasion. I knew Steven didn't like this type of fancy jewelry.

Shyly, he told me I would receive my wedding present from him in Wyoming, where we would be spending our honeymoon.

The usual maximum security of Pocantico afforded Steven and me a private evening, which we spent in his bedroom. It was nice not to have to climb through the windows. In the morning, we flew in the family plane to Jackson Hole.

The next morning Steven gave me an antique Navaho necklace he'd purchased some years ago and saved for the girl he would someday marry. It obviously meant a great deal to him (and still does to me).

Not long after we had settled in, Steven's cousin Laura, one of Laurance Rockefeller's daughters, came to speak to me in private. She wanted to know if I needed any information about birth control. Of course she was only trying to be kind and helpful, but I was horrified. The subject hadn't even come up between Steven and me, so how could I possibly discuss it with Laura, who couldn't have too much knowledge to pass along because she had been married only a short time herself? Later, when I told Steven about his cousin's delicate diplomatic visit, I said I wasn't up to worrying about such things and just didn't want to discuss them with him or anyone else.

When our honeymoon was over we traveled back to New York, alternately staying in New York and at Pocantico until we found our own apartment.

One evening Steven told me he had found a suitable apartment and we would be moving as soon as it was cleaned and painted. He asked me how much money I would need a month for my own personal use. He said he would set up a personal checking account and give me a monthly allowance. He tried to explain about our household expenses and what a budget meant, but I didn't want to listen.

Since I couldn't come up with an amount, Steven suggested, to start with, $250 monthly for my personal use. He also volunteered to go with me to buy a couple of cocktail dresses at Bergdorf's. (One was gold brocade, with satin trim, and the other purple, a fine French crepe.) However, he told me this would be the last time he could shop with me; I had to learn to do this on my own, and develop my own personal taste. (I've had those two dresses remade many times according to the latest fashion, and I'll probably go on doing so until I'm a grandmother or the material wears out.)

The fairy-tale promise

Another profundity was decorum. I loved hugging and kissing Steven at all times and in all places. At first he was very patient and tried to make me understand that among well-bred people there was a right time and place for affection. His sensitive but careful and controlled way of behaving made me feel like a lovesick girl, in need of constant physical attention. Even when it was forthcoming it didn't seem enough —just like my portions of food at the Rockefeller dinners!

When Steven started to work full time for the president of Rockefeller Center as a junior executive, I had a rude awakening. I now see that on some level I had really expected that his full-time occupation would be to love and care for me. I had really believed the fairy-tale promise that we would live "happily ever after." **End**

Next month: Anne-Marie Rasmussen's Cinderella marriage turns to ashes.

MARVELLA BAYH
continued from page 63

help. My own mastectomy was in Oc ber of 1971, and like Betty Ford a Happy Rockefeller, my surgery had great deal of publicity. Birch was ca paigning for the Democratic Preside tial nomination, and when he withdr from the race, people had to know wh He wanted to spend more time at ho with me during my period of follow- treatments and recovery. It was the m beautiful gift he could have given n

At the time, I wished I could ha slipped into the hospital and had r surgery without the whole world kno ing about it. But, like Mrs. Ford a Mrs. Rockefeller, I saw the news a nounced on national television. Quick I became the beneficiary of the gr love and caring that one human bei has for another. Not only did my o wonderful friends rally around with su port, but I received an outpouring mail from throughout the land. Pray were said for me by people of all fait

It has been more than three ye since my experience, but I rememb well what it was like during those fi few weeks and months—the shock, t thoughts, the worries, the dreads, t questions that go through your mi usually in the middle of the night wh others are sleeping.

If we only knew

Cancer! One of the ugliest words the English language. Learning to li with the fact that you are one of its v tims takes some time. I wondere "Why?" What had I done to cause th My doctor said, "Oh, if we only kn the answer to that question."

I was pleasantly surprised to find th I did not suffer much pain. I had kno worse. But this experience is differe because it is an amputation, and y must learn to live with the sight of yo own body. I remember with what dre I finally looked at myself in the mirr It wasn't that bad. And I came to re ize how lucky I was. If I had to be t one out of every four Americans w will get cancer, then this was the be kind to have. Losing a breast is so mu better than losing an eye or an arm a leg. *(continue*

Journal Shopping Center

FASHION: SUSAN FORD—DRESSING FOR AN ACTIVE LIFE
PAGE 72: SWIRL WITH MAXIME patchwork skirt available at Henri Bendel, New York; Jacobson's, Michigan and Toledo, Ohio; Neiman Marcus, Al Stores; I. Magnin, All Stores. **JANE IRWIN** turtleneck sweater available at Bloomingdale's, New York; Woodward & Lothrop, Washington, D.C.; Jordan Marsh, Miami; Gimbel's, Midwest; The Emporium, San Francisco.
PAGE 73: NUMBER ONE SUN BY HEAD ski parka and jumpsuit available at South Shore Ski and Sport, Cedar Hurst, Long Island; Ski Barn, Little Falls, New Jersey; Alpine Haus, Weathersfield, Conn.; Earl Allen Ski & Tennis, Georgetown, Washington, D.C.; The Ski Haus, Colorado Springs; Head First, Vail; Stanley Andrews Sports Outfitters, San Diego; Roos Atkins, San Francisco.

All prices are approximate.

arliament. The recessed filter cigarette.

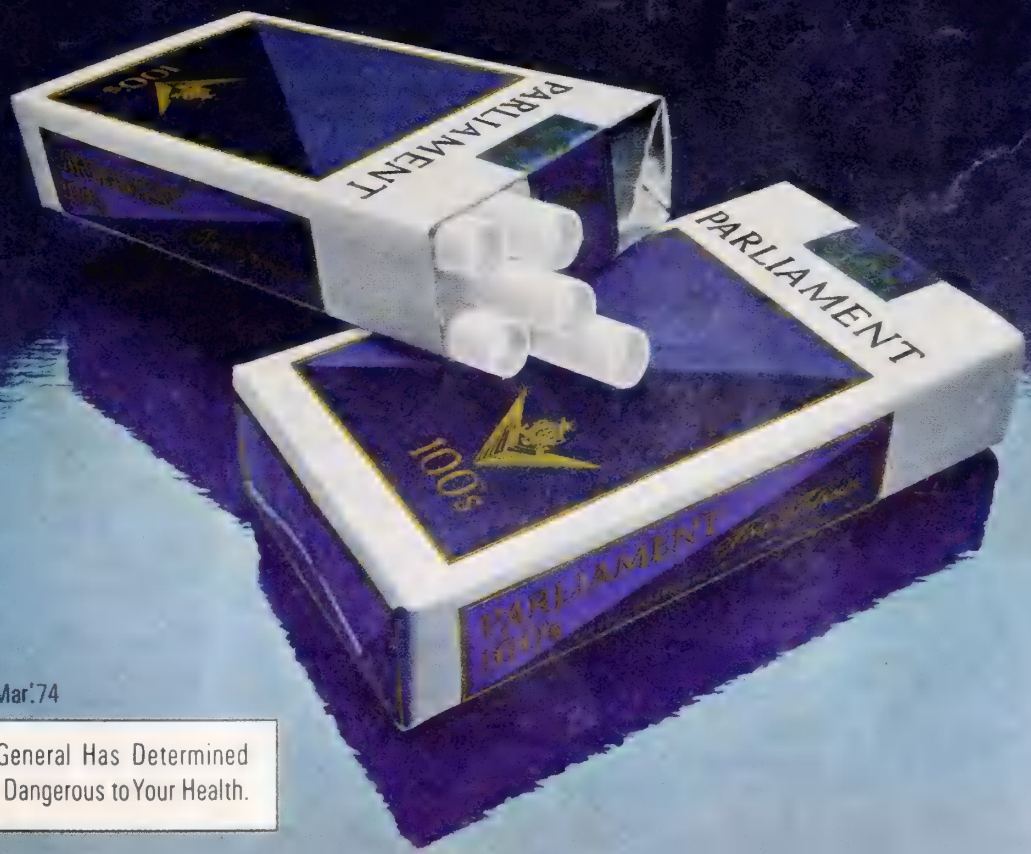
It works like a cigarette holder works.



1. Lenny Kleinfeld had the most distinctive delivery of any announcer in the 1920's; he always spoke with a cigarette holder in his mouth. It gave him cleaner taste.



2. No need for a cigarette holder today. Parliament's filter is recessed away from your lips. So you taste only rich, clean tobacco flavor. Parliament's taste will never give you any static.



ar," 1.2 mg. nicotine
garette, FTC Report Mar.'74

g: The Surgeon General Has Determined
arette Smoking Is Dangerous to Your Health.

In our society, women's breasts have been thought of as a symbol of femininity and sexual adequacy. Actually, they have nothing to do with either. You are the same person that you were before this surgery—with the same desires and the same ability to fulfill them. In many ways, you may be more of a woman than you were before because all of life will seem more precious and beautiful, and you will see love in the world around you. You have not become maimed or crippled, and the experience should not make you emotionally disabled. You can do anything that you did before.

Greater and deeper love

One of a woman's greatest fears is how her husband will react to her new situation. In doing so we terribly underestimate the men of this country. Through my work for the American Cancer Society, I have talked to and heard from many men who have shared this mastectomy experience with their loved one. In every instance, when the marriage was a good one to begin with, it has made their love for each other greater and deeper. When two people walk through the valley of the shadow of death together, it makes their relationship more precious.

I receive a great deal of mail from women who have had this surgery. A woman from Binghamton, N.Y., wrote, "As for my husband—what would I do without him? I truly think it doesn't bother him at all. He cared only that I had to endure it all. The other night when he told me how lovely my body is, I said I wished it were the way it used to be. He said, 'What difference does it make?' That is the whole secret of success with this mastectomy business—if *he* feels it doesn't make any difference, then I feel it doesn't make any difference, either. I'm alive and well, and we have each other and our children, and God willing, many happy years ahead together." This is a typical letter.

I realize that a single woman has special concerns. I hear from them, too. A young woman from Houston wrote, "At the time I found out I had breast cancer, I was single, but have since married the guy I was in love with. He stood by me all the way."

It has been my observation that if true love is there, this surgery makes absolutely no difference.

I received another beautiful letter from West Nanticoke, Pa., which says: "I had a mastectomy 21 years ago and find everything still going well. Forty-two years ago, a cancerous growth had to be removed from my face. That, too, is hardly noticeable. As we survive to greet the sunshine of better days, we can look back in due time upon the pain and worry of yesterday as just another passing storm. By the way, I'm in my seventy-fifth year and hope I still have a long way to travel."

In the last few years, a great deal of progress has been made in diagnosing, treating and educating people about breast cancer. We've come a long way since the days when, as one young woman wrote me, it was referred to as "Mom's shame" and the news of it kept even from her own children.

Much of the credit for this new attitude can be given to Terese Lasser, who founded the Reach to Recovery program 22 years ago in New York City. Reach to Recovery is now sponsored by the American Cancer Society and can be found in every state. It is made up of volunteers who have all successfully had mastectomies, and is a rehabilitation program designed to assist the doctor in meeting the emotional, physical and cosmetic needs of the new patient. The volunteer can only make the visit if the doctor requests it, and I urge all doctors to make use of this marvelous service.

In my own case, on the fifth day after surgery this marvelous-looking woman came walking into my room wearing a jersey blouse, a midi skirt and boots. By this time, my hair had long since lost its set and I was feeling very dowdy and unattractive. I could hardly believe her when she told me she had undergone the same surgery a few years earlier.

She was so full of life and energy that just looking at her gave my spirits a terrific lift. But she did more than that. She brought me a gift kit containing booklets that answered most of my questions about clothes, types of prosthesis and where to be fitted. There was also a pamphlet with advice for my husband. She gave me a rope and a ball and showed me how to use them in doing exercises to regain the complete use of my arm. And there was a soft temporary prosthesis to pin in my bra which made it possible for me to wear the same dress home from the hospital that I had worn when I entered before the surgery. She left her phone number so that I could call on her in the future, if needed. What a great psychological lift she gave me!

While I was in the hospital, everything centered around me, but now it was time to go home and enter the real world again. I was eager, but a little apprehensive about how others would react to me; I felt they would be looking closely to see "which twin had the Toni." How wrong I was! People were absolutely marvelous; they treated me just as before. Oh, of course, they asked with concern how I was feeling; I would have been disappointed if they hadn't. But there was no conveying of pity or awkwardness.

After my radiation treatments were over, my strength returned rapidl friend of mine remarked, after he my schedule, that she stayed in longer with a bad cold than I had this surgery. In less than two mo Birch and I went out for an eveni dancing, and six months to the day my mastectomy, I was attending a ference in Africa with him.

As political wives, Mrs. Ford, Rockefeller and I are in a unique tion to help influence others to do in the war against cancer. Since my gery, Birch has a better understan of the need for additional funds fo National Cancer Institute. There a many exciting new leads to follow yet last year, one half of the appr research projects went unfunded. haps the causes and cures for types of cancer can be found in so those unfunded projects. Cancer epidemic today, as it strikes one o every four Americans.

We are all interested in fighting tion, and cancer puts an inflati pressure on our country in the for hospital and doctor bills, lab charges and nurses' fees. Cancer us, as a nation, six billion dollars an ly—yet we are spending less than million to fight it. This is the figure the Cancer Institute says it desper needs to forcefully pursue its Money spent on medical research turned to this country many times I have testified and spoken out on itol Hill for better cancer funding. I hope Mrs. Ford and Mrs. Rocke will join me in this effort.

Sunsets are rosier

The only way my life has cha since my surgery is that I enjoy it now. The sunsets are rosier, the leaves are more radiant, and I time to watch the squirrels play though I would not have chosen to this experience, I can honestly say it has changed my life for the b

So Mrs. Ford and Mrs. Rocke have joined our exclusive club. The are high, and they have paid them have tens of thousands of members we jokingly call ourselves "bosom dies." You will see us as model dancers, playing tennis and swimm Few of us advertise the fact tha are members of the club, but if find out, you will discover there special bond among us.

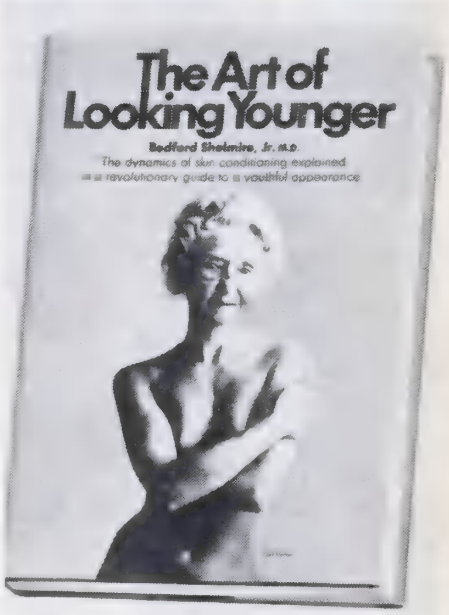
FREE BOOKLET

A "how to" folder on breast self amination, called *A Breast Chec* available from your local Ameri Cancer Society unit, or by writin the American Cancer Society, Box 4444LHJ, Grand Central tion, New York, N.Y. 10017.

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his is, quite frankly, a vital message about what erhaps the most revolutionary home-medical- e ever published on facial care . . . facial beauty enewed facial youth. Its results are so spectac-, its documentation is so overwhelming, and its hods are so vital to *your* future life that we repeat, in full, two more quotes from its pages: We have only recently acquired the ability to ly do something about the more serious nges in appearance that accompany aging . . . In the past, the average person stood very little nce of being able to look younger. Without lth or the right genes, there was very little e. The advent of modern skin care has changed his. Now it is no longer necessary to pamper rself or be born with good skin. The idle rich onger have any advantage . . . the genes you rit are no longer a limiting factor, because we now compensate for even delicate, age-prone . . . Thanks to modern research, we now w what causes many of the unattractive prob- s that appear with age. With this kind of wledge, we have been able to develop methods are effective in combatting or solving these blems.

The practical application of these methods can duce spectacular results. A person can easily ten to twenty years younger than his or her al age, and this can be achieved with a mini- n of effort. My own interest in this subject was stimulated by an eminent dermatologist who one of my first teachers. He was not only an y advocate of these new methods, but he prac- d them himself. The results were truly impres- . At almost eighty years of age, he appeared e in his early fifties."

This, Then, Is The Startling New Promise That Lies Right At Your Fingertips! And Here Are The Discoveries That Are Going To Give It To You!

or example—

ge is no longer a barrier to a flawless com- ion, *because the outer layer of your skin never s growing!* And, if you learn the right way to ze that growth, you may actually *reverse* the ded aging process, and grow younger-looking, older.

he ultimate moisturizer! How it can eliminate sture loss instantly, and actually repair the ges caused by years of facial dryness.

he three insidious structural changes that cre- "old" skin, and how to stop each at its source. or example, master this simple technique of ecting the all-important "inner layer" of skin n damage, *and you will never need the services plastic surgeon.*

ow your *kitchen stove* can make you look old,

PLUS THESE THREE THRILLING BONUS SECTIONS!

Break through all that misinformation and hocus-pocus surrounding the use of such ridiculously high-priced cosmetic additives as: royal jelly, placenta, hormones, cucumber, proteins, seaweed and all those countless other "miracle ingredients" that are simply causing you to squander your hard-earned dollars!

Correct structural changes that cause visible skin problems, prevent cellular build-up, dry, scaly patches, blackheads and blocked pores—forever—all without resorting to the services of a professional!

Learn the hidden dangers of sunlamps, crash-dieting, hot combs and curlers, bleach creams, silicone injections!

old, old—*unless* you learn how to use it—like this.

How certain household aids (that you use every day) actually *poison* your skin. Get rid of them—*now*.

How to keep the sun from turning your face into a wrinkled prune.

How to protect your skin against air pollution. (Otherwise, if you live in a big city, be prepared to have people guess you're ten years older than you really are.)

How to banish blocked pores and blackheads—*for good.*

The Number One Rule for protecting your face against *all* the hazards of the environment. Follow it faithfully (see page 36), and when your friends look as old as Methuselah, *you'll hardly have changed at all.*

Indisputable Proof That It Would Take A Century For Your Face To Look Old, If You Didn't Abuse It Like This . . .

How to "quick-clean" your face, so thoroughly, and so fast, that you take years off it, rather than put them on.

Invisible sources of skin inflammations and allergies, that may be ruining your complexion right now. In other words, how to practice modern acne therapy, *right in your own home.*

Why you may never have to spend a cent on commercial face-care products again. For two reasons: Because most of them are actually harmful to your skin (see list on page 67). And because *none of them* could ever do as much for that skin as the *almost-costless* preparations given to you on page 71.

For example, the best daytime base in the world (and you should wear it *every* minute of *every* day, to keep the youth-force sealed in your skin) costs only 84¢ for a six-month supply. And the best night cream you can buy costs slightly more—about 91¢ for a six-month supply.

And the best face mask in the world costs 9¢ a treatment. And the best skin freshener probably costs a penny a day.

And not one of them contains a single ingredient that will unknowingly age your face, or dry out your face, or irritate your face. All they do is pull filth out of that face, at the same time they seal in youth.

But What About The Old Skin That's Marring Your Face Right Now? What Do You Do About It? THIS—

Here, on page 72, is (in our opinion at least) the really startling breakthrough in facial care in this generation. It is called, *"Skin Thinning"*. It takes about two minutes of your time a week, and it costs about 3¢ a treatment. Its basic ingredient is *salt*. Plain ordinary table salt. *But used in such a way that it almost instantly cuts down wrinkles. Opens clogged pores. Helps prevent age spots and whiteheads. May actually have your husband cooing with delight the very first day you use it.*

And there's still more—much more—like this:

How the *wrong* vitamins can *poison* your skin. And the right vitamin therapy cause spectacular changes overnight. (See page 108.)

How dry, scaly skin can often be eliminated by a simple change *in your diet.* (See page 107.)

The "Young-Face Style of Life". Or how to erase ten years from the look of your skin, simply by adjusting the way you work, play and sleep. (See page 112.)

How *your skin* can warn you of the insidious development of diseases of the heart, circulatory system, lungs, blood, thyroid, pancreas, sex glands, liver, kidneys and much more, *all by simply knowing how to read the danger signals it sends out.* (See page 105.)

Two easy solutions to hand and nail problems. (See page 140.)

How to save your hair. Why you must *not* overbrush it. The one overlooked cause of 99 per cent of all severe hair damage. A simple immediate test that tells you for sure, the rate of hair loss. Why the wrong use of *vitamins* may be causing that loss. *Medical methods* (your husband will bless you when you show them to him) *of really compensating for that ugly loss.*

At Last All You Need To Never Look Your Age Again! AND WE PROVE IT WITHOUT YOUR RISKING A PENNY!

Remember! *Nothing else gives you such a high return for such a small investment!* But, YOU MUST BEGIN NOW! The effects of long neglect can NEVER BE COMPLETELY REVERSED! You owe it to yourself—and to that special man in your life—to *return the No-Risk Coupon—TODAY!*

ABOUT THE AUTHOR

BEDFORD SHELMIRE, JR. graduated from the University of Chicago School of Medicine. He is a former staff member of the American Hospital in Paris and the Columbia-Presbyterian Hospital in New York. Dr. Shelmire is a diplomate of the American Board of Dermatology, a member of the American Academy of Dermatology, and currently Assistant Professor of Dermatology at the Southwestern Medical School of Texas.

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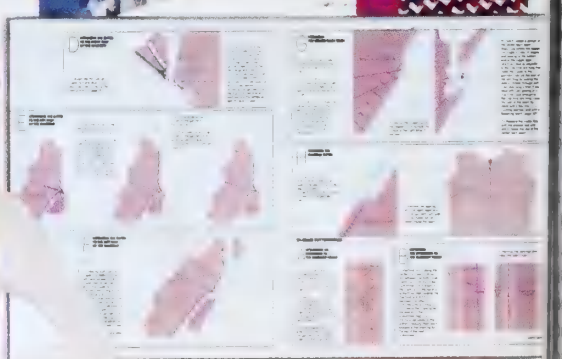


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AN FORD

nued from page 73

nterests. But she may change, like of her predecessors who have life in the White House to be a e educational process.

ne's just a nice, normal girl—ant, unassuming, well-liked," says merican history teacher at Holton , a girls' school in Maryland.

ne's a typical teen-ager," says e Abbruzzese, the Alexandria, Va., bor for whom Susan still baby-sits. worries about school, is always on go and is always looking forward r next date."

Plain and ordinary

nce Christmas of 1973, those dates been spent almost exclusively with young man—Gardner Britt, 18, a man at Virginia Polytechnic Insti- in Blacksburg, Va.—who says of n, "She's more plain than fancy. a very ordinary girl."

san, the Fords' fourth child, was on July 6, 1957, and grew up with brothers, Mike, John and Steve, on n View Drive in Alexandria.

r childhood was relatively uneventful. he attended the local public schools played after school with the neighborhood children. She rode her bike, d with dolls, attended Girl Scout ings, and went shopping downtown turdays or to slumber parties with ds. More often than not, the girls swimming in Susan's pool—and often than not someone got thrown

a Congressman, Gerald Ford was he road frequently. "It was very being without a father," says Susan, g in the sun-flooded solarium on third floor of the White House. ecially when he would come home want to spend time with us to make or what he missed. We never knew n he was coming home and we'd lly have other plans. It got to the where Mother would have to give schedule and say: 'Daddy will be e this day, this day and this day. ome! And cancel everything else!' " whom did she turn for guidance? as mainly Mother. She's a very re- ing person. You can be all the way n in the dumps, but she can make feel ten times higher. She has tre- dous spiritual strength. Every morn- before she gets out of bed, she reads k of daily messages called *Forward* metimes we read it together when ave breakfast."

t then Mrs. Ford succumbed to the hological pressure of coping alone the growing pains and problems of escents, not to mention the usual ehold demands. Susan was sent to ding school. Her weekends at home spent tending to her mother, who had developed a painful pinched nerve in her neck, helping around the house and doing the cooking.

Susan's brother Mike became her counselor. "The hardest thing I ever had to endure was the day he went away to college," says Susan. "I cried for two days. I would crawl into my parents' bed at night and sleep in between them."

Last September 26, Susan was getting cold tablets from the nurse's office when White House physician Dr. William Lukash told her that a lump had been discovered in her mother's breast. If it were malignant, he said, Mrs. Ford would undergo a radical mastectomy in the next day or two. "It shocked me so," Susan recalls. "I went right upstairs to see Mother. She was happy as a lark. She didn't seem upset at all, so I said nothing. Daddy brought it up at dinner that night and we all discussed it, but no one seemed unduly worried."

Friday morning she went to school as usual, but returned in time to accompany her mother to Bethesda Naval Hospital. "We just weren't worried at all," Susan says. Fortunately, they had somebody else to think about at Bethesda—their former neighbor, Louise Abbruzzese. "I got a message after school to come right over and baby-sit because Louise had gone into labor," Susan says. "Louise had her baby just as Mother and I were arriving at the hospital, at 5:55. She named the baby Katherine Elizabeth, after Mother."

At 9:30 A.M., the news came that Mrs. Ford's tumor was malignant and that she had undergone major surgery. "I was stunned," says Susan. "But when I saw Mother in the recovery room, her coloring was fabulous; she really looked well. I spent that afternoon visiting Louise and feeding her baby until Mother was brought to her room, then I stayed with her. I kept worrying how this would affect her, whether there would be psychological repercussions."

The detailed publicity about the surgery did not disturb Susan. "I thought it was the greatest educational thing in the world. It made a lot of women realize how important it is to be examined, or examine themselves, regularly."

According to Susan, her mother's illness was "hardest of all" on her father. "Being without my mother for ten days was very rough on him. He'd been out of town himself thousands of times, but Mother had always been home. He never realized what it was like to be alone himself."

Susan helped the President by filling in for her mother as hostess at a white-tie dinner for President Leone of Italy on October 5. She "fixed up" Leone's three sons with blind dates. But her mother has admonished her: "Studies come first. You can't spend your life at official dinners."

(continued on page 116)

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CORRECTION

On page 162C in the December, 1974 edition of The Ladies' Home Journal, Vol. XCI — No. 12, an advertisement for "New and Exciting /For Ladies' Home Journal Readers/ Real Everlasting Diamonds", placed by The Everlasting Diamond Collection, Dept. LHJ12, 111 Tenth Street, Des Moines, Iowa 50304, reference to a ½ Carat "Everlasting Diamond" — Order #1-H, "Only $259." was a typographical error, and should have read 1/6th Carat "Everlasting Diamond"— Order #1-H, 'Only $259."

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★ **ORIENTAL SILKS, COTTONS, BATIKS, GIFTS**—Catalog 20c. Thai Silks, 391 Main, Los Altos, CA 94022.

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FREE!! FIRST DAY COVER. Send 10c Handling. Garnerville Stamps, Garnerville, New York 10923.

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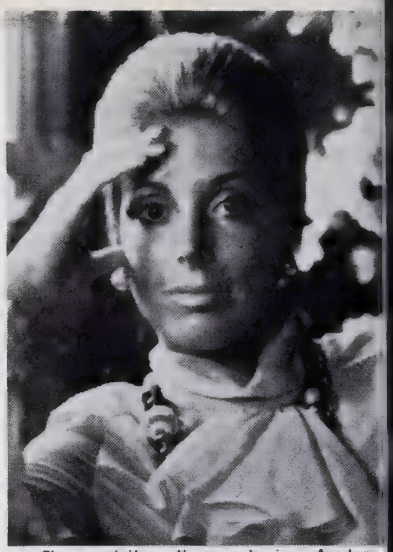
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CLASSIFIED, INC. guarantees refund of any initial money sent in direct response to the above advertisements. LH-1.

Now—for the first time—an international Jet-Setter reveals the "inside" story

How The Beautiful People Get Rid Of Both Cellulite And Ordinary Fat—Without Dieting!



The exquisite authoress: Luciana Avedon, the former Princess Pignatelli

Yes, the Beautiful People *cannot afford to be fat!*

Those stunning, sleekly-slim couples who grace the pages of the fashion magazines and society columns . . . who spend each new Season in New York and Cannes and Saint Moritz and Saint Tropez . . . who live surrounded by a horde of admirers and photographers must remain youthful and slim right up to 50 . . . 60 . . . 70!

And yet they eat lavishly, feasting on exotic cuisines as they travel the globe, but always retaining their fantastic figures.

And, if you were to ask them what they do to maintain their Beautiful People Bodies, the answer would always be the same: *"I don't do ANYTHING; I don't diet!"*

That's right! *The Beautiful People Don't Diet!* They enjoy the finest food in the world and yet the needle on the scale barely moves! How do they do it?

For the first time, Luciana Avedon (former Princess Pignatelli and now the wife of the European cosmetics executive, Burt S. Avedon) reveals the "BEAUTIFUL PEOPLE MIRACLE FORMULA" responsible for all those lusciously svelte figures on the society pages. How they NEVER go on fad diets, NEVER take dangerous amphetamines, diuretics or diet pills, and NEVER give up their favorite foods either! How they simply go right on eating the foods they like—*but in a special way that keeps them always fashionably slim, without their having to jump on and off the diet merry-go-round.* To give just a few examples:

One California socialite says: "I always keep my weight fluctuation within two pounds. It's bad for the face when you go up and down." Another stunning fashion leader says: "I weighed more at age 25 than I do now." (She's now 37!) Another says: "Sitting down to nothing but clear soup or health food depresses me; it makes me feel like an invalid."

And another Italian Beauty confesses: "Take away pasta and I would die!"

But yet *they know how to splurge like this without incurring disaster on the scales!* They get their food kicks—constantly—*but their figures never show it!*

They eat the finest food in the world (even the delicacies and "tempters" you'd be horrified to touch), *but they do it in a way that never lets them put on more weight than they can simply "peel off" in a few days any time they decide to!*

(In fact, these Beautiful People secrets of delicious figure-maintenance are so powerful that, when one young, overweight model was introduced to just one of them, *she lost 22 pounds in one month and stayed at that weight from then on!* And another young girl, when shown how, *lost 20 "impossible" pounds in two short months, even though not a single meal demanded special preparation!*)

So, From Now On, Forget About Debilitating Diets! The Beautiful People Don't Use Them—Why Should You?

Once again, let us emphasize that the Beautiful People think dieting is a "bore." They eat well—very well—and they are *not* fat! They wouldn't *think* of doing without their favorite foods and the needle on the scale barely changes!

Why then shouldn't you follow their plan and lose weight—pounds and pounds and pounds of it! *The process is the same, even if you start with a 50 pound handicap.* And you do it all by yourself (without "fat" doctors, or the group therapy approach of diet clubs). And, yet, (to repeat once again) *you do not "sacrifice" the foods you love for a single minute!*

Yes, you can still enjoy parties, restaurants, business lunches or dinners, and "super-relaxed" vacations. You can eat all the foods you usually do, and *still find the pounds and inches gradually, but permanently, melting off!*

Listen, As The Beautiful People Tell You How To:

Condition yourself by developing your own built-in "Fat Radar" so the minute your weight starts to shoot up, you shoot it down!

Take off fat while it's still "soft" . . . *before* the body has had a chance to make it part of the muscle structure. Before it marbleizes, as in a fat steak, and becomes *even harder* to lose!

Make the natural diuretic power of food even MORE effective, so that accumulated tissue water drains out of your body faster and you NEVER get that bloated look!

Lose tons of weight—all in the *right* places—and *NEVER get "scrawny" looking in the face.* Actually melt unwanted pounds right off your body, and *still* retain that "youthful" bloom in your face the Beautiful People way!

PLUS . . .

How to be thin as a model, and *still* have the energy and stamina of a truck driver!

The Beautiful People's special "Secret Elimination Diet" that *disintoxicates your system* . . . drains out internal poisons . . . at exactly the same time that you are painlessly losing weight!

The Beautiful People "Easy-Diet Plan", a permanent part of your life, so that *you continue to lose weight for as long as you wish, and yet NEVER feel deprived!*

How to *prevent* your body from automatically "adjusting" to your first massive weight loss, so that it actually prevents you from taking off even *more* pounds.

What to do if you are a "sandwich fiend" and *don't* want to cut them out of your diet.

Why the Beautiful People make sure that they *never* lose more than 18 pounds at a time.

How they painlessly "retrain their nervous system so that they don't go on eating binges during an "anxiety attack."

The most carefully guarded Beautiful People secret: how to lose weight super-fast, purify your body, *and heighten your senses to a new state of awareness at exactly the same time!*

The *hypnotherapy approach* to weight loss!

How the Beautiful People lose weight while they are traveling.

How the Beautiful People keep *their children* from developing unhealthy and fattening eating habits.

What the European Beautiful People *do at once* when their skin looks bad, they have trouble sleeping, or just feel dreadful.

Why the Beautiful People feel that American men are a "disaster" . . . And, what Beautiful People Males "over 30," do to retain *their* very special attractiveness.

The Beautiful People "cure" for sporadic overindulgence. In other words, how to eat your cake, and *have a knock-out figure too!*

Yes, The Beautiful People Have Been Looking Fabulous For Years THIS Way. Now You'll Learn How, WITHOUT RISKING A PENNY!

You are just as capable of keeping younger, prettier, slimmer and more attractive as any of the Beautiful People you'll read about in this book. *And once you know their "secrets", you'll be well on your way to joining the ranks of all the Beautiful People all over the world, who realize that being beautiful also means being slender.*

Return the No-Risk Coupon today!

© I. B. Co., 1974

ABOUT THE AUTHOR

Roman-born Luciana Avedon, the former Princess Pignatelli, was educated in Switzerland. She has been a fashion designer and coordinator, and is currently a beauty consultant. Her first book, *The Beautiful People's Beauty Book*, was a best-selling title here and abroad.

SPECIAL ADDED BONUS

How The Beautiful People "Smooth Away" Ugly Cellulite, The EASY Way!

Yes, while these Beautiful People are incredibly slim and supple at *all* ages, they have also learned how to *FREE themselves of ugly and distorting CELLULITE!* (Cellulite, as you may know, is "orange peel fat"—the hard lumps of hideous fat that stick to the back of the thighs, knees, arms, buttocks and back.)

This is not ordinary fat, by any means. And it can't be gotten rid of by ordinary means. Instead, *its bumpy, hard lumps become trapped in immovable pockets just beneath the skin.* It's found on almost 90% of the women in the world! But *not* the Beautiful People! Why?

BECAUSE OF THESE TWO SIMPLE "CELLULITE CHASERS" THAT YOU CAN USE YOURSELF IN A FEW MINUTES A DAY!

No, you *don't* need fancy doctors, or expensive health spas to bid farewell to these unsightly globules. *You can achieve spectacular results simply by following these two simple steps* beginning on page 26:

First, attack the cellulite you're carrying around right now through this special self-massage treatment designed to break it up and *quickly "wash" this figure-distorting mess right out of your body!*

Second, follow the unique Anti-Cellulite-Food Program that will actually *help your natural circulatory system to rid your body of annoying substances BEFORE they can build up and become IMMOVABLE CHUNKS OF FAT!*

Both these Cellulite Fighters are yours, as just one section of this great *Beautiful People Over-All Body Beauty-Plan* . . . to try at *our* risk!

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IT'S A CRYING SHAME.

Why is this girl crying? Because the puppy she's cuddling will be "put-to-sleep" in a few minutes. It's not because he isn't friendly. He's a real tail-wagger. It's not because he's diseased. He's so healthy he bounds from one end of his kennel to the other.

Why then must he die? Because he's surplus. Excess. He's an animal without a home and not likely to find one—ever.

Sad, but true. There are simply more pets than homes. Five out of every six kittens and puppies (like this one) are born, only to die in one tragic way or other. MILLIONS are destroyed in pounds, more MILLIONS are abandoned to starvation, disease and highway slaughter. And on top of the terrible price paid in animal life, you, the American taxpayer, foot the bill for this destruction—to the tune of $500 MILLION every year. (Does this enormous financial burden solve the problem? **NO!** It just keeps you from being overrun by unwanted cats and dogs.)

WHAT'S THE ANSWER? **Planned pethood**. Animal birth control. Until veterinary science discovers a foolproof pet "pill," the only sure way to keep pets from breeding unnecessary litters is a spaying operation which some people can't afford. There's an urgent need now for low-cost community spaying clinics—and greatly accelerated pet contraceptive research.

You're right. **Something must be done**. The consequences of doing nothing are unthinkable: bigger-and-bigger pounds to kill more-and-more animals, and finally, restrictive laws exiling pets from cities. Can you contemplate a future when pets are outlawed—when urban man has no other companion animal but himself?

It's enough to make you cry.

WHAT THE ANIMAL PROTECTION INSTITUTE IS ALL ABOUT

API, founded in 1968 by Belton P. Mouras, is non-profit; it's supported by people who, like Dr. Albert Schweitzer, believe in reverence for all life. The Institute's programs are national and international in scope, including major efforts in the areas of cruelty to animals, pet birth control to curb over-population, wildlife habitat and environment, endangered species, the replacement of the steel-jaw, leghold trap and many others.

This advertisement has been made possible by individual contributions from members all over the United States.

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ANIMAL PROTECTION INSTITUTE of America

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*Your membership of $10 or more entitles you to a year's subscription to *Mainstream* magazine. **API** is a national non-profit organization chartered by the State of California and listed with the Internal Revenue Service. Contributions are deductible.

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from Stranger by the River
by PAUL TWITCHELL

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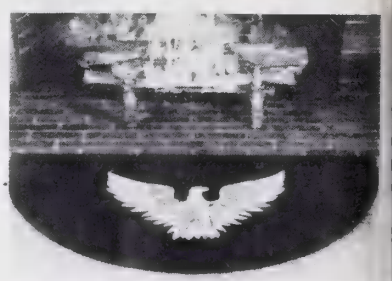
LYNN HEADLEY—EDITOR



Tasty needlework
Crewel herbs "blossom" prettily as you stitch. Each kit includes herb design stamped on oyster Belgian linen, wool in true-to-nature colors, needle, and easy instructions. 8"x8". Herb crewel kits: chives, thyme, dill, or rosemary. $1.75 each kit. Wood frame in maple, red, or green. $1.25. Add 50¢ hdlg. Victoria Gifts, 12 L Water St., Bryn Mawr, PA 19010.



Tiny tea sets
Adorable for children 3 and over is this precious 9-piece set with lovely Kate Greenaway figures or Sun-Bonnet Babies (specify) in dainty pastels on pure white china. Includes two (1¾") plates, two mugs, creamer, covered sugar, and a teapot. $1.95 each set; 2 for $3.60. Add 25¢ hdlg. Catalog, 25¢. Downs & Co., Dept. 5801, Evanston, IL 60204.



Fireside finery
It's so comfy and cozy by the fire, but it's an excellent idea to spark-protect your carpet or floor with an Eagle Flameproof Rug. Of heavy flameproof cotton duck, rug is black with a bright gold eagle. 22" x 44". Nice for foyer entrance, etc., as well. $5.98 plus 50¢ hdlg. From Holiday Gifts, Dept. 1701-D, Wheatridge, CO 80033.

n interview with Anne Blake
Los Angeles, California



"Look at me— I gained 5 full inches on my bustline with the Mark Eden Developer."

And I was so surprised—I had never een larger than 33 in my whole life— nd suddenly, with this program I und myself filling out and gaining. ting and firming—2 full inches in e first 3 days—it was amazing!"

Q. "Anne, was that a permanent in or merely a temporary increase?"

A. *"Not only was it permanent, but at 2 inch gain was just the beginning. cept on with the Mark Eden program bit longer and gained 3 more inches. hen I started, my bustline was 33— w it's 38. A total gain of 5 inches. e most amazing thing about this bust veloper is—it really works!"*

ver two million Mark Eden evelopers have been sold to women ho, like Anne, want fuller, shapelier stlines. For thousands Mark Eden s transformed flat bustlines into m, shapely fullness. For many others has reshaped the drooping look into auter, smarter, younger silhouette.

Q. "You have a very attractive ure, Anne, do you ever go braless?"

A. *"Yes, I do but before I used Mark len I never went braless. Even though ad only a 33 inch bust, gravity had gun to take its course and I felt that ould sag a bit without a bra, t now..."*

Q. "Now your bustline is 5 inches ger and you don't appear to sag all. How do you account for that?"

A. *"Everytime I used the Mark Eden veloper I could feel my bustline ting and growing firmer. By the time ad finished, my bust was not only ger by far than it had ever been fore in my life, but was also high, m, full and shapely. I have become ally confident of my appearance and l comfortable however I dress, with ra or braless!"*

Mark Eden 1974, 24970 Hesperian Boulevard, Hayward, California 94545

"A girl doesn't have to be flat-chested"



The Mark Eden Developer is not an artificial stimulator or a cream. It is an exclusive exerciser that employs special techniques safely and effectively. Mark Eden is the world's most successful bustline developer. Over two million Mark Eden Developers have been sold and every one covered by a complete Money Back Guarantee.

Q. "Your results have certainly been spectacular, Anne, do you think Mark Eden will work as well for other women?"

A. *"Oh yes! I've seen it happen— gains just as spectacular and just as rapid as mine have been. Before Mark Eden, there wasn't much a woman with a small or unattractive bustline could do to change her shape or size—but now, with Mark Eden, she has the choice of trying something that can give her a brand new and beautiful figure."*

For years Mark Eden has carefully documented and published the actual photographs of women who have achieved dramatic new bustline size and beauty and while we do not state that every woman will achieve results, thousands of women report that the Mark Eden Developer has given them the kind of bustline they've always dreamed of.

Q. "And this remarkable program is guaranteed?"

A. *"Yes, any woman who is not pleased with her results can simply send the developer back to Mark Eden for a complete refund."*

The Mark Eden Guarantee is your protection: If after using the Mark Eden Bustline Developer and Course for only two weeks, you do not see a significant difference in your bustline development, simply return the developer and course to Mark Eden and your money will be promptly refunded.

The Mark Eden Developer costs only $9.95 complete—you receive the fabulous Mark Eden Developer... you receive a complete course of instructions, fully illustrated by photographs, which shows and tells you exactly how to use this remarkable developer for your maximum results ...and you receive the MARK EDEN MONEY BACK GUARANTEE.

So if you want your bustline to be *larger, fuller, higher, firmer* send for your Mark Eden today.

Mark Eden

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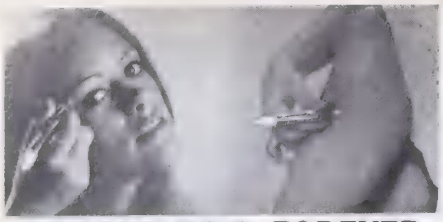
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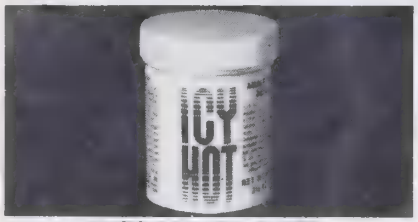
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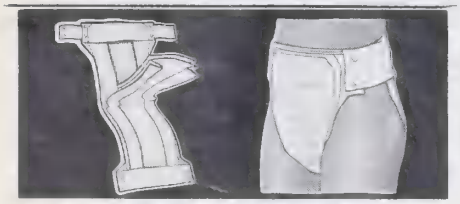
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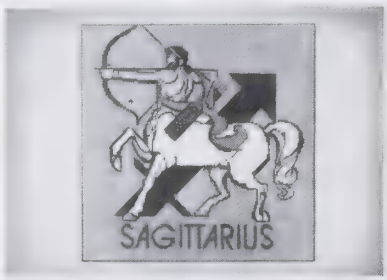
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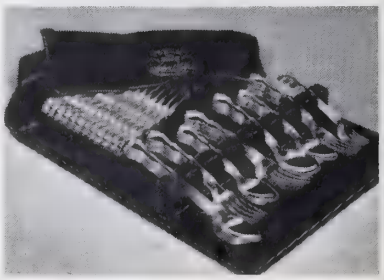
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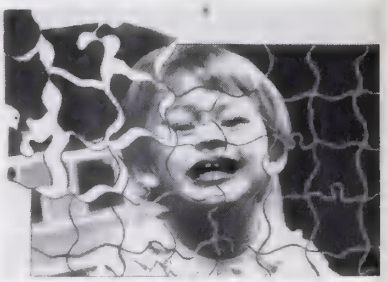
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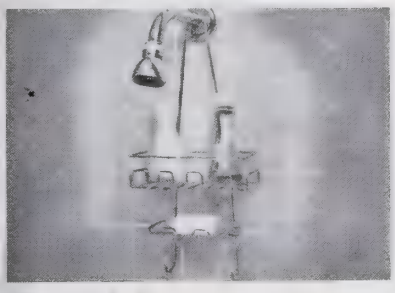
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Casual elegance

Tiffany-type wall lamp with natural wicker shade (12" diam.) is suspended from rattan bracket with a 9' rattan chain. Wired. On/off switch. $12.95 plus $1.50 hdlg. Painted white, yellow, green, pink, orange, black, or blue, add $2. Catalog, 25¢. Fran's Basket House, Dept. LH1, Rt. 10, Succasunna, NJ 07876.



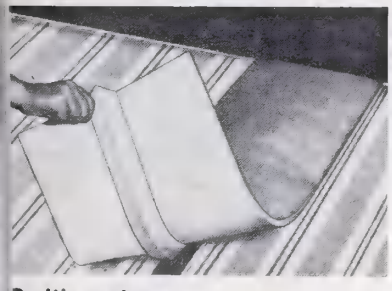
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Luxurious chrome caddy for the shower easily snaps on shower head. Two suction cups on bottom hold firmly to wall. Large tray with gallery railing for bottles; soap dish for any size bar; and, 2 large hooks for wash cloth, etc. 18x 8½x3½". $5.98 plus $1.19 hdlg. Gift catalog, 50¢. House of Minnel, Dept. 615E, Deerpath Rd., Batavia, IL 60510.



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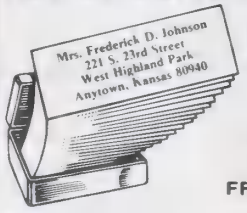
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SUSAN FORD

continued from page 109

It's not surprising that the role of White House "princess" appeals to Susan Ford, the only girl in a family with three strapping brothers. "After dinner," she remembers, "it was always, 'C'mon, let's *get* Susan!' They'd kill me. They'd tie me down and tickle me—and I'm very, very ticklish. They used to practice their football and wrestling holds on me, and Mom and Dad would just sit there and laugh. Steve still grabs my feet and makes me trip."

The constant teasing and tumbling took its toll, Susan admits. "It was all in fun, I know, but it really made me very defensive with young men."

Not that it turned her against boys. Her friend Vicars Bryan says Susan has always been popular with them. When the dating game began about two years ago, Susan had "lots and lots and lots" of dates, says Vicars. "When we were younger, she was a little on the heavy side, but at fifteen she suddenly became very attractive. And boys liked her because she was just a great person who always made an evening fun."

Susan's longest romance, with handsome Gardner Britt, began on a blind date just after Christmas vacation in 1973. Gardner, the son of (ironically) a Ford car dealer, was a high-school senior at the time, and called his classmate, Bob Farmer, to ask if he would arrange a date for him. Bob called his steady, Vicars Bryan, who produced Susan, and the foursome went to the Holton Arms dance together. The matchmakers have split, but it's been Susan and Gardner ever since. "We're not steadies," says Susan, "but we're very faithful. And Gardner's very jealous. He got furious when someone else escorted me once, even though he was unavailable and I needed an escort."

Cool, strong, sensitive

Susan says she looks for the same qualities in a young man that she finds in her father. She sees her father in Gardner Britt. "One day I was sitting back watching Gardner and my father, and I realized there are so many things about them that are alike. They don't get upset easily, they both keep their cool, they have strong characters and strong wills, and they're both very sensitive people, although they don't show it."

Gardner likes Susan Ford because she is "friendly, sincere and fun to be around," and also "good with older people. Maybe it's because she has older brothers or because she's been around her father during his political career and filled in for her mother sometimes, but she's very mature. She makes a good impression on parents."

Unfortunately, Gardner shows signs of severe male chauvinism, and seems to assume that child-rearing will occupy Susan full-time for the rest of her life. "I don't think she'll be a professional woman or anything," he says. "I don't think she'll do anything spectacular. She'll be the average mother on the block, always doing a lot for the neighborhood kids. She's not like some of those Miss Teen-age Americas who always have some fancy career in mind like nursing. Anyway, I'm against women's lib. A job is all right if they can do an equal job, but I don't think they can."

Susan tolerates Britt's sexist attitudes, and admits, "I give in to him too easily. Mother's the same way. We tease each other about it twenty-four hours a day. We're like two little girls."

At present, Susan's own lifetime aspirations *are* quite conventional: marriage, "lots and lots and lots of children" (six), and "a house in the country with lots of dogs, cats and horses." She firmly believes that a mother's place is "in the home . . . because it's nice to have a mother to come crying home to."

She's been preparing for her maternal role ever since she was old enough to baby-sit. "I love to watch children. They're so interesting," says Susan. "She's very natural with children," affirms Louise Abbruzzese. "She's been wonderful with my two. She reads to them, takes them swimming at her house, brings them stuffed animals. I've told her she should definitely do something with children because she has a great deal of patience with them."

Susan agrees that a career in child-care most appeals to her—particularly teaching kindergarten or working with mentally retarded or handicapped children. She has ruled out following in her mother's footsteps as a professional dancer. Politics? "I will have had enough when we get out of here," she says.

But Susan's personal success does not extend to her schoolwork. Her average hovers around a C in all her subjects. "I don't have a best subject," she woefully admits. Not that she doesn't apply herself. "She's a conscientious student," says a classmate. "She works and she's very popular with her teachers, but she still has a hard time." The problem appears to be reading comprehension, and last summer Susan took a special course to improve her reading skills. Assigned to read for fifteen minutes a day, she's been slowly perusing *Cancer Ward*, by Alexander Solzhenitsyn, some of John Steinbeck's works and Robert Frost's poems. But Susan still admits "I hate to read. I just hate it!"

She has no ambition to attend any large or very well-known college when she graduates from Holton Arms next spring. She'll be lucky, she thinks, "just to get out of high school. That's why Mother and Dad put me up here on the third floor of the White House and took away the phone—so I'll concentrate on my studies." She hopes she'll be accepted at Mt. Vernon Junior College in Washington, D.C. "That's where Mother wants me to go. She wants me to stay around because I'm still her baby."

Susan's natural interests run to working with her hands, participating in outdoor sports and being with people. She likes tending to her plants, which are lined up on every available ledge in the White House solarium, needlepointing pillows for her mother and taking care of Shan, the family's Siamese cat. She deeply admires the work of a "pal who took superb nature pictures" and plans to take her own with a new Nikormat camera. She enjoys tennis, horseback riding, swimming and waterskiing and is considered an "excellent" skier. But she is not a competitor. "I don't like to compete. I prefer sports for relaxation." Perhaps the winning spirit was eradicated by her brothers. "They've always been able to get me down. They can beat me in anything."

When they were growing up, Susan's brothers often prodded or provoked her father at lively dinner-table discussions. "He'd always want to know how we felt about certain things, or drop certain topics in," Susan says. "I stay out of it. I'm not issue-oriented. I'd rather talk to Daddy about what I'm doing or where he's going. Anyway, I'm still rather young and not voting yet." Although her teachers claim she actively participates in discussions about American government, Gardner Britt says, "I've never heard her take a firm stand on anything. They were together the day Mr. Ford pardoned former President Nixon, but Susan didn't say anything. We don't talk politics. What do we talk about? Regular old stuff."

Bare feet and blue jeans

As for life in the White House, Susan says summarily, "It's not that much different." She still pads around in bare feet and blue jeans, still hangs her bathrobe over the closet door, still piles her chair high with unanswered letters, still eats breakfast with her mother, still pours soft drinks for her friends. Yet friends say her new life is very different. "She doesn't like the change in environments," says Gardner Britt. "She was in a close, homey place before where she saw a lot of her parents. The White House is a lot stiffer and bigger. She wants to keep the same old friends. And the thing that worries her the most is that she'll change."

"You know," Susan muses, "my brother Steve and I have talked a lot since Dad became President. I guess what we want when this is over is to lead a private-citizen life. To get away from it all. Our whole life has been politics and travel and I'd like to retire to a quiet privateness. But more than anything, I just want to stay plain old Susan Ford." **End**

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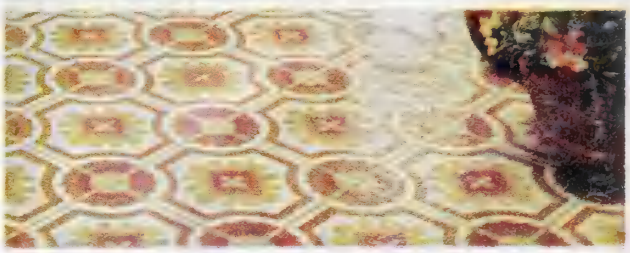
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EDITOR'S DIARY

BY LENORE HERSHEY

February file

It is the month of Valentines, and of the birthdays of George Washington, Abraham Lincoln and Ms. Susan B. Anthony. It is a time of sneezes and pinched budgets and shadowy, nagging doubts about personal and national futures. But here at the JOURNAL, we are proceeding with our usual enthusiasm. Our 91-year-old magazine has seen many rough periods come and pass, always fulfilling what we define as our special role—to meet the needs of readers as life's pressures, and pleasures, go through the process of change. Our contents vary, but the challenge remains constant . . . to help, to inform, to entertain, to guide and to give heart.

We editors at the JOURNAL are not that unusual. We, too, are wrestling to make ends meet, coping with problems large and small. But in our closeness to you, our readers, and in our desire to serve you well, we are reminded of something that the great journalist Walter Lippmann wrote back in the 1930's, at the time of another widespread economic crisis.

Said Mr. Lippmann: "The fate of the nation hangs upon the power of the people to remain united for purposes which they respect, upon their capacity to have faith in themselves and their objectives. . . ."

Our objective: to unite, to increase capacities for self-belief and to sharpen our readers' sense of purposeful goals. A big order for any one magazine, but it can be done. And if any one magazine can do it, it's the JOURNAL. Stay with us in 1975 and watch it happen.

LBJ Memorial

That picture up top is of myself, with Lady Bird Johnson and Lynda Johnson Robb. That white object we're holding is the design for the LBJ commemorative medal, which the Hamilton Mint is now preparing to help raise funds for the Lyndon B. Johnson Memorial Grove just across the Potomac from Washington, D. C. You'll be hearing more about this in future issues.

Candyland the apes

How did we happen to get that delightful picture of Candice Bergen and the appealing chimpanzee on the cover? Candy herself had the idea to do the Jane Goodall story in her own words and pictures. Passing through New York on her way to Africa, she consented to do a studio pose for us, and we decided to do a tryout with a chimp. Enter Kelly, a 1½-year-old primate who took to Candy like a baby. The empathy was mutual, and the picture-taking session was all gurgles, cooings and enthusiasm. If chimps could cry, that was what Kelly was doing when they finally led him away to a consolation prize of bananas. The story's charming, too. Don't miss it, on page 32.

Women of the Year, 1975

Once more, the JOURNAL offers its readers the opportunity to select the year's women of achievement, in eight categories. On page 119, you have a chance to select your favorites (or to submit names of your own). The JOURNAL's Women of the Year program has become an American institution. This year, we are proud to add an International Women's category, to tie in with International Women's Year. Do fill in the ballot . . . and mail soon!—LH



Kelly and Candy: it didn't take the chimp and the star long to become friends

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WHAT'S HAPPENING BY GENE SHALIT



Two major movies give big entertainment value this month. Then there are a couple of others to avoid. And for Valentine's Day, some very special suggestions.

The movie screen scene

The JOURNAL cheers *The Orient Express,* one of the year's most elegantly entertaining movies. The cast reads like a Hollywood directory: Lauren Bacall, Ingrid Bergman, Michael York, Sean Connery, Richard Widmark, Anthony Perkins, Vanessa Redgrave, John Gielgud, Rachel Roberts and Albert Finney. Finney is fine as Hercule Poirot, Agatha Christie's fastidious detective, and the film is indeed based on one of Miss Christie's most famous stories. A marvelous movie—mysterious and chic—proving how good movies can be when they get back on the track. *The Orient Express* is another victory for trains over airplanes, especially planes caught in dopey disasters as they are in *Airport 1975.* This picture may set a trend: it may start buses and trains showing movies. You can bet *this* one will never be shown on a plane. *Airport 1975* is about a jumbo jet that is smacked in the fog by Dana Andrews' private plane, ripping it open and turning the jumbo cockpit into a convertible. The crew is wiped out, which leaves it up to Karen Black, a stewardess, to pilot the plane to safety. Charlton Heston helps by leaping into the jet in mid-air from a helicopter. Meanwhile the passengers are in various stages of panic. All except Jerry Stiller, the only person in the movie who is funny on purpose. He is also the smartest, because he sleeps through the whole movie. Maybe he thought he was supposed to be playing a member of the audience.

Too many faults

As soon as Charlton Heston rescues Miss Black (well, of course you *knew* he would), he sets out to save half of the population of Los Angeles in *Earthquake.* The city has been invaded by special effects men who destroy buildings, burst dams, and hurl various locals to their demises. When the earthquake strikes, the audience is enveloped in the noisiest movie on record (or maybe it's on tape). This will make a lot of money, but it's not a good movie, because *Earthquake* has too many faults.

A most vivid film

Isn't it about time that John Cassevetes was recognized as one of America's important and original film directors? Cassevetes made *Husbands,* a film I can't forget, and he made *Faces,* a stark revelation of common lives. John Cassevetes is an under-appreciated director, and his wife, Gena Rowlands, is an actress of astonishing gifts who, perhaps because she takes difficult, unglamorous roles, is not the celebrity-star that she ought to be. Now she stars in Cassevetes' new film, *A Woman Under the Influence,* giving a masterful portrayal of a woman on the edge of benign madness. Her day-laborer husband (Peter Falk, in a battering, sensitive performance), assumes she's crazy and is embarrassed in front of his friends. But he is so crazy *about* her that he tries to help. He just doesn't know how. Eventually he has her committed for six months. This film is the story of their relationship—working-class husband who likes to bring home 10 guys without warning for spaghetti dinner . . . wife who loves opera music, loves her three kids, but teeters in a world of uncertainty . . . and all their friends and relatives, who haven't the intelligence or feeling to handle any of it.

It is the most vivid film about a woman I have seen in years, and surely the most important. If you want to see what one woman's harrowing life is *really* like, I suggest that you see *A Woman Under the Influence.*

Occasionally Lenny

Lenny is a distorted view of the comic Lenny Bruce, whose appearances in court became more famous than his nightclub appearances. Even to his closest friends Lenny was a trial. *Lenny* launders Lenny into a kind of Mr. Nice Guy who said a few naughty words and was crushed by a repressive society. If you're willing to dismiss what the record (and the records) show to be the truer Bruce, it's not a bad movie. Dustin Hoffman works hard in the title role and Valerie Perrine is effectively cheap as his stripper wife.

Oddly enough, while the audience on screen is laughing at Lenny's routines, the audience in the *theater* laughs only occasionally, because Hoffman's Bruce is not really funny and his private life is neither touching nor sleazy. If you want to *know* about this character, read Albert Goldman's brilliant *Ladies and Gentlemen, Lenny Bruce.* As for this movie it has turned *Lenny* into Leonard.

Happy Valentine

Most people associate February with Valentine's Day and the birthdays of Lincoln and Washington, which used to be Feb. 12 and 22. Now the federal government, for head-scratching reasons, has merged them into a "President's Holiday Weekend," Feb. 17. Happy birthdays, Abe and George! February is also the birthday of Galileo, Sonny Bono, Helen Gurley Brown, Buffalo Bill, Clark Gable, Felix Mendelssohn, Zsa Zsa Gabor, Burt Reynolds, and Elizabeth Taylor. I don't see the government merging *them.*

You can *keep* your date with Valentine's Day—your heart won't miss a beat: Feb. 14 is *still* the day to show your love to the man in your life. If your husband/boyfriend's budget is tight (whose isn't?), don't expect too much from *him.* The cost of saying "I love you" has always been high, but now the *price* is up, too. Thank goodness the best things in life are free, which is more than you can say for candy: Would you believe a three-pound heart filled with chocolates for $23.50? That's right. If you get chocolates this year, you'll *know* he loves you.

The small screen scene

Cher gets her chance to show what she can do on her own when she returns to CBS TV Sunday, Feb. 9, in a show called (surprise) *Cher.* This 3600-second special kicks off Cher's comedy-music-variety series, which begins the following week, and she hopes she won't have a weak following. . . . The second annual pop/rock/soul/country music awards (these given by popular vote, not by critics and editors) comes to ABC on Feb. 18, with co-hosts Helen Reddy, Roy Clark, and Sly Stone. . . . And don't miss the television premiere of that super movie musical *Oliver,* starring Oliver Reed, Ron Moody, Jack Wild, and Mark

(continued on page 18)

TELL YOUR HUSBAND IT'S YOUR TURN TO HOG THE TV SET ON SUNDAY AFTERNOON!

Don't forget to tune in at 2 P.M. EST on Sunday, Feb. 2, when LADIES' HOME JOURNAL, in association with ABC-TV Sports, presents "The Superstars for Women." It'll be an exciting first, as 22 outstanding sportswomen compete for big prize money—and to determine who is the world's greatest female athlete.

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Creme Formula

To know you're the best you can be!™



FOR YEARS PEOPLE HAVE BEEN PUTTING OUR CEREAL IN EVERYTHING BUT A BOWL.

When we began suggesting e places you could put our schmer Wheat Germ (in bread muffins, or meatloaf and ds) we didn't mean you should et to put it where it really be- s.

Kretschmer, as you seem to forgotten, is the world's most tious natural cereal.

Just a quarter of a cup of Reg- Kretschmer Wheat Germ pro- s 15% of your Recommended Allowance of protein. (More any of the new "natural" ce- .) And more B Vitamins, iron, Vitamin E than any of the urals" provide.

t also contains only 110 cal- . And fewer carbohydrates the cereal you're probably g now (only 13 grams).

A taste of honey, and other things.

Naturally, if you've only been Kretschmer as an additive, have no idea how good it s as a cereal.

Regular Kretschmer has a slightly nutty taste. Something like a cross between bran and toasted walnuts.

Kretschmer Cinnamon Raisin is our idea of what to have for breakfast instead of Danish pastry.

Kretschmer Caramel Apple is so good a lot of people eat it by the handful. Right out of the jar.

And Kretschmer Sugar & Honey is so sweet to begin with that all you add is milk.

The cereal in a jar.

For those of you who've never tried Kretschmer Wheat Germ, even in a muffin, when you go to buy it you may be in for a surprise.



Kretschmer comes in a jar, not a box.

This is to keep it fresh, and to preserve its nutrients. (Haven't you noticed? Vitamins always come in a jar, too.)

Even though it's in a jar, however, you'll still find it in the cereal section of your store. Right next to the cereal boxes.

It's easier to start a new habit than to change an old one.

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Kretschmer does make anything you make more nutritious.

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Where it can do the most good. Inside a cereal bowl.

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Rice-A-Roni Chicken and Beef flavors, for example, contain from one to two ounces more per package than other national brands. Compare Rice-A-Roni with *all* other rice mixes—flavor by flavor. You will see why we are No. 1.

VOL. XCII, NO. 2

NEVER UNDERESTIMATE THE POWER OF A WOMAN®



LADIES' HOME Journal®

FEBRUARY 1975

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Cover photograph of Candice Bergen and chimp by Francesco Scavullo; Candice Bergen's hair and makeup by Leonardo de Vega.

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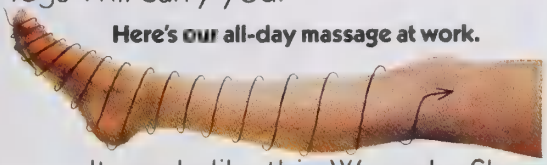
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2. Fold ½ cup thickened gelatin into whipped topping. If necessary, chill again until mixture will mound.



3. Carefully line serving bowl with gelatin and whipped topping mixture, mounding high at edges to form a shell.



4. Add pears to remaining gelatin; carefully spoon into bowl. Chill until set—about 2 hours. Makes 5½ cups or 8 to 10 servings.

Ingredients

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CAN THIS MARRIAGE BE SAVED?
SCRAPPING OVER THE CHILDREN OF DIVORCE



Kate had a son by her first marriage. Mike had two daughters by his. The boy lived with them; the girls didn't. But Kate was fiercely jealous—sure that her husband was favoring "his" kids over "hers."

By Dorothy Cameron Disney

Divorce is always hard on children, but it is especially difficult for those youngsters left behind by the parent they like best. Here is the story of how Kate and Mike dealt with the jealousies that erupted when they married—each for the second time.—The counselor in this case was Samuel McDill.

Paul Popenoe, Sc.D.,
Founder and Chairman of the
Board of Trustees,
The American Institute
of Family Relations

Kate talks first

"Mike takes no interest in my six-year-old boy, but he idolizes his own two girls," said Kate, 25, a blue-eyed blonde whose second marriage was just approaching its first anniversary. Kate's husband is a fireman, and she works at the department as a desk clerk. "I'm quite sure Mike cares more for his children than he cares for me. He denies it, but his partiality is ruining our happiness. Whenever Jane, who's ten, and Jennie—she's six—come to stay with us—on alternate weekends and holidays—I become bitchy, and I can't help myself.

"They don't always show up—thank goodness. I couldn't stand the strain. The minute Jane and Jennie appear on the scene, Mike's whole attitude changes and he forgets that my son Carl and I exist. Until they're gone, Carl creeps around like a little orphaned mouse and I seethe at the injustice until invariably I explode and scare the pants off all the children—Carl included.

"I married Mike because I was mad about him, but also I thought Carl needed a father—a strong, loving man like my Dad. My first husband was self-centered and irresponsible—at age eighteen I wasn't too smart myself. I think I got married partly to keep my parents from finding out that I was flunking out of college. I'd been babied at home and was eager to show the world I was an adult—if not a student—by proving myself an A-one wife and mother.

"When I became pregnant with Carl, I was overjoyed—but my nineteen-year-old husband was outraged. We split when Carl was three.

"My divorce was final when I met Mike and his divorce was in the hopper. Mike's marital problems were notorious throughout the department. His first wife was circus-lady fat, and a hypochondriac who circulated her woes by telephone to his superiors until Mike finally walked out. I had already noticed what a dazzler Mike was in his uniform.

"One night he gave me a ride home from work, and before I got out of the car, we sat talking a little. He showed me the snapshots in his wallet—pictures of Jane and Jennie of course—and I showed him my photos of Carl.

"At the time, Mike was bucking to make sergeant, and I offered to drill him for his oral exam. We went over hundreds of questions until both of us were satisfied he would pass—and in the meantime we got engaged.

"One week before our wedding, his wife Heidi suddenly took sick with one of her mysterious illnesses, and Mike went back home to look after Jane and Jennie. His divorce action went out the window, along with all our marriage plans. In the eyes of the law, they were reconciled—and that was that.

"Mike tried to explain what had happened and why, but nothing he said made sense to me. He said he loved me, but that as a parent he felt morally obligated to stand by his kids until he worked out a foolproof plan to insure their future welfare. He asked me to be patient and wait for him. I walked away.

"My heart was broken. I tried to forget Mike, but it was impossible. Through the department grapevine, I followed his activities. I learned he had received his promotion to sergeant, wrote him a note of congratulation, then tore it up. I heard he had nearly been killed in a fire and wrote him another note, which I also tore up. But when I heard that he and Heidi had refiled for a divorce and that he was living alone I didn't write.

"Eleven months ago, Mike walked into my office and dropped a copy of his divorce decree on my desk. He looked terrible. He had lost twenty pounds, his eyes were sunken, his face pasty. When he asked if I would forgive and forget and marry him, I said yes—like a shot.

"The next day we were married. From the beginning I was determined that the three of us should live as a family—a father, a mother, a son. Indeed, I hoped Mike would suggest adopting Carl so he could take our name. Mike never mentioned adoption and we never did become a family. Jane and Jennie aren't bad children, but they spoiled all my hopes and dreams. When they came for Thanksgiving they tore up the decorations fighting to sit beside Mike at the table. All through the meal Jane stroked Mike's cheek and Jennie nuzzled his shoulder. Jennie finally jumped on his lap, upset a glass of milk on my best tablecloth and said Carl had pushed her arm. Jane backed her up. When Carl burst into tears of outrage, Mike said he was a crybaby, but he didn't scold his girls. We quarreled all night.

"Then came Christmas. Jane and Jennie came to visit on Christmas afternoon. My parents gave them nice gifts, I gave them nice gifts, Carl gave them nice gifts, Mike gave them wonderful gifts. They didn't bring Carl a thing, and he was hurt by the oversight.

"Mike's ex-wife gets very generous alimony and child support, but on every visit his children hit Mike up for party shoes, leotards and other high-priced treats that wreck our budget.

"Last weekend was one of the worst. The girls hadn't been with us for quite a while. I was in a good mood and fixed a fancy tuna-fish casserole for supper. Mike had bought expensive movie tickets. Jane lost her sweater in the theater so Mike bought her another. Jennie cried and also got a sweater from him. Carl cried and got a bawling out.

"During the ride home, Jane said tuna fish made Jennie sick so we stopped at a drive-in, the most expensive in the neighborhood, and Jane ordered a tuna-fish sandwich! So did Jennie.

"On the children's visits, they sleep in our bed, Mike sleeps on the sofa and I bunk with Carl. It makes me furious, and I banged and slammed around the other night as I moved my things.

"Mike's ex-wife called for the third time that day—collect, as usual—to tell him once more what to tell me about feeding the children. She hangs up if I answer and then dials again.

"Listening in on the extension, I heard Heidi tell Mike to tell me to be sure to change the children's sheets so they wouldn't catch something from us. I got so mad I broke in and told her that she was the dirtiest housekeeper in the community. Mike ran into the kitchen and tried to grab the phone, but I wouldn't turn it loose. In the scuffle, the phone fell to the floor just as all three children rushed in. I'm sure Jane and Jennie reported every nasty detail to their mother.

"In the middle of the night I woke up and began to cry. I went to *(continued)*

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest marriage-counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations and other minor details have been altered to conceal identities.







VEGA. LOWEST PRICED U.S. WAGONS.

Vega wagon is a nice choice for economy car shoppers who aren't sure a small sedan will do.

At $3079,* the Vega wagon is priced lower than any competitive American-made wagon. At $3307,* the Vega Estate is priced lower than any competitive U.S. wagon with wood-grain vinyl side panels. And they offer good mileage and low maintenance costs for people who need economy plus room.

**Manufacturer's Suggested Retail Prices, including available 140-2 engine at $50.00 and dealer new vehicle preparation charge. Destination charges, state and local taxes are additional.*

Gas mileage.

Published EPA figures for a Vega wagon with available four-cylinder, 140-cubic-inch 2-barrel engine are 21 mpg in city driving, and 29 mpg on the highway. No American wagon tested got better mileage.

Based on EPA figures, no U.S. wagon gets better mileage.

About performance.

High Energy Ignition gives you surer starts in any weather compared to conventional systems. And better engine firing after warm-up.

What you can save in maintenance.

Comparing the 1975 Vega wagon and the '74 model projected over four years of average driving (50,000 miles) points out some operating economies.

While parts and labor costs will vary throughout the country, we've used current list prices for parts and a figure of $11 an hour for labor and found that a '75 Vega wagon using unleaded fuel could save about $243 in parts, lubricants and labor over the '74 model with leaded fuel (if you follow the Owner's Manual for recommended service).

Maintenance savings up to $243.

There's plenty of choice in Vega.

It's definitely no take-it-or-leave-it wagon. To the basic Vega wagon you can add an available GT package with sport suspension, and sporty accessories. The Vega Estate, our "Little Woody," has simulated wood paneling down the sides and on the tailgate. The GT and Estate can also be combined.

Economy you can grow with.

Each version has seats for four plus room for cargo in back.

All give you 3-speed transmission standard, with 4-speed or automatic available. But what else would you expect? After all, Vega is part of the full line of wagons from Chevrolet, America's Family Station Wagon Builder.

CHEVROLET MAKES SENSE FOR AMERICA

Chevrolet

the living room and crawled on the sofa with Mike. We made love cautiously—our first time with the children there—and it was wonderful. But then I whispered that I wanted a baby. Mike grew tense. Then he whispered that maybe we should think through the effect it might have on the children. In other words, his kids would determine whether Mike and I had a baby!

"I went back to Carl's room. I don't believe Mike and I can ever have a good marriage as long as these children have such a vise-like grip on my husband."

Mike's turn to talk

"I've given Kate a hard time, I know, but I wish she could appreciate the bind I'm in," said 31-year-old Mike, a tanned six-footer with neat red hair and a somber, freckled face. "Kate used to be sweet and generous. But recently she has been driving me out of my skull with complaints about me and my kids, complaints I can't do a damn thing about.

"I love Kate. When we're alone, everything is fine. But as soon as my kids arrive the chill starts. I'll admit Kate doesn't hassle Jane and Jennie—but she embarrasses me in front of them.

"Kate says I have let her down with her son. It's true Carl and I are still a little awkward with each other. It's mostly my fault. When my girls are around, they watch me like hawks—ready to pounce at the least sign of favoritism. After all, Carl lives with their Daddy and they don't. When he helped me carve the Thanksgiving turkey they felt excluded and as a result they misbehaved. When I gave them the wishbone to pull, Carl got mad. I told him to shape up. Kate glared and called me down. I would like to be a father to Carl, but I'm being torn in two. I must be a father to my two girls, too. When I first proposed to Kate, I asked if she would let me take custody of Jane and Jennie—and she said yes. At that time, Heidi had agreed to divorce and she wanted me to take full charge of the children so she could go back to Kentucky and live with her folks.

"I met Heidi in Kentucky. She was the only girl in high school without a date to the graduation dance, and seemed such a pitiful little thing—in those days she was thin—and I felt compelled to invite her. I married Heidi partly because her helplessness made me feel masculine, but the major reason was I got her pregnant.

"She gained a tremendous amount of weight during both pregnancies and long ago outweighed me by a hundred pounds. Then she stayed in bed, wheezing and groaning with the ailments of obesity and other illnesses she dreamed up, while I waited on her, took care of the children, ran the house and paid the bills. For several years I worked nights so I could be with the kids in the daytime; a neighbor would watch the girls when I wasn't available."

Mike sighed. "Heidi doesn't give a damn for me or the children. Yet when she heard that I intended to remarry, she welched on our divorce agreement. She telephoned me at work, completely out of her head or pretending to be, threatening to kill herself and the kids.

"It wasn't the first time she had made such threats. I rushed home to protect Jane and Jennie. As I walked in, Heidi swallowed a handful of aspirin and claimed it was poison. I drove her to the hospital to have her stomach pumped out. I couldn't bring myself to leave Jane and Jennie until Heidi was in better control of herself, but I wasn't about to quit my job.

"In a roundabout, peculiar way, my job led to the solution of my bad home life. One night at a five-alarm fire, I had my closest brush with death, and at that moment my whole philosophy of life turned around. I was past thirty and miserably unhappy. I wasn't living with the woman I loved and I was married to a woman I despised. I realized in a flash that it didn't need to be that way. Jane and Jenny's constant exposure to the hatred of their parents was very destructive. They needed to be exposed to love—man-woman love.

"I persuaded Heidi to get the divorce by signing over to her half my income and our home. I hired the neighbor to tend to the girls. I thought Heidi would soon tire of Jane and Jenny and that I would see a lot of them, but I was wrong. The way Kate talks you'd think my girls are always under foot. In the past eleven months they've spent part of two holidays with us and five or six weekends—if that.

"Heidi's house is forty miles from our apartment, through heavy traffic. Kate and Carl drive out with me, and the tension is tremendous. But it doubles when Heidi stalls and sometimes cancels the visit while Kate and the boy wait in the car. Once the girls are in the car there is always a fight over who will sit in the front seat with me.

"I'm satisfied that Jane and Jenny are better off since the divorce. But I'm disappointed that they have never experienced the glow and warmth of the happy marriage that Kate and I so often share when we're alone. Some day I want us to have a child, a boy if possible, but I really think Kate and I ought to wait until we get squared away and can welcome the little guy with peace and harmony."

The counselor's turn

"Despite the problems, this marriage had a great deal going for it," the counselor said. "Mike and Kate had similar backgrounds and interests, cared deeply for each other and enjoyed a good sexual relationship. With mutual goodwill and hard work, they worked out many of their problems fairly quickly.

"An only child, Kate grew up expecting to get her own way. She was jealous and possessive. When Mike gave love to his daughters, she felt that he was stealing it from her and Carl.

"Where Kate was overly sensitive and impulsive, Mike preferred to weigh a situation thoroughly, sometimes too thoroughly, before taking action. Although he was fond of Kate's son and hoped eventually to adopt the boy, he hesitated, fearing that disciplinary questions were likely to arise and cause still more argument. He would want to 'make a man' of the boy while Kate would want to keep her baby.

"In a single interview, I guided the couple into a frank exchange of sentiments previously unexpressed and this matter was settled. Adoption papers were applied for and the whole situation improved. Kate's jealousy of Mike's daughters lessened as soon as she believed that Mike truly loved her son.

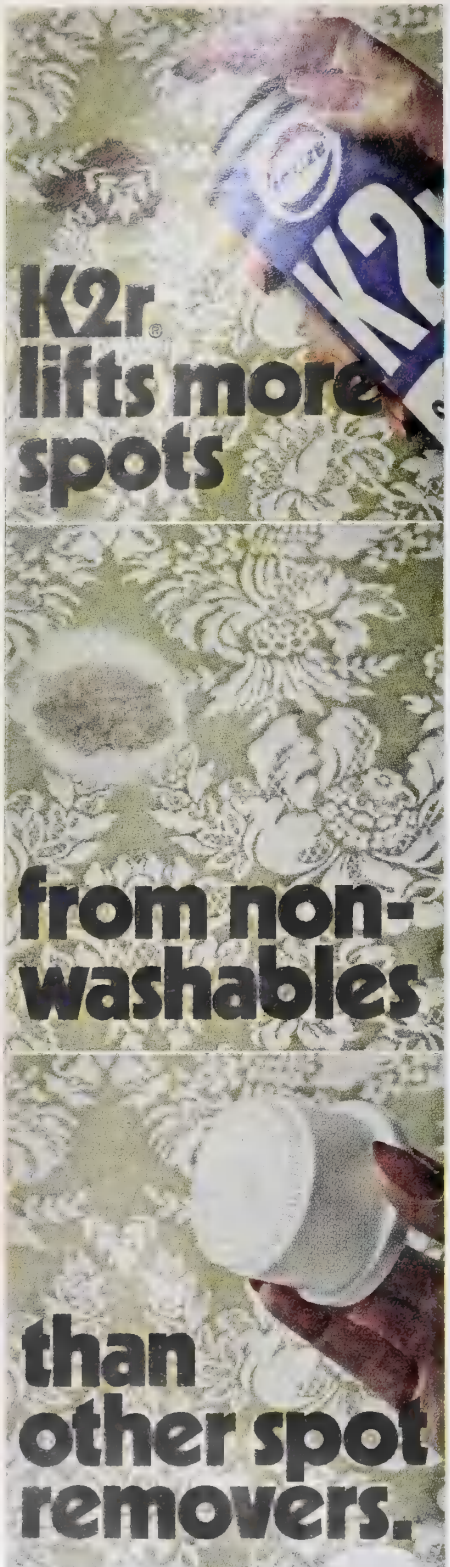
"Kate was blissfully unaware of how she distorted the facts to fit her feelings. When she noted the actual dates on a calendar, she was embarrassed to discover how seldom Jane and Jenny actually had visited their father. I asked her to describe in writing every episode of Mike's partiality that she could recall. Again she sheepishly admitted that she couldn't recall that many real grievances. After she perceived how she had exaggerated trifles out of all proportion, Kate acknowledged her pettiness and made amends.

"Common sense settled a host of difficulties. To the delight of his daughters, Mike bought them sleeping bags so he and Kate wouldn't have to give up their bedroom. When he gave up providing special, expensive entertainment on weekends, everyone benefited. In a normal, everyday atmosphere the girls became better friends with Carl, and Kate was able to establish a much more normal relationship with Jane and Jennie.

"Kate and Mike imposed on themselves a number of helpful rules. Kate stopped making the forty-mile drive with Mike and a needless source of friction disappeared. She stopped picking up the extension phone and Heidi's calls dwindled. She and Mike pledged themselves never to criticize each other or to quarrel in the presence of the children.

"Kate did have a baby—a little girl—but neither her son nor Mike's daughters reacted badly. On the contrary, Carl boasted about *his* new baby and Jenny and Jane were equally proud of *their* new sister. And when Mike reported the news to me on the telephone he declared that their little girl had been born into a home of peace and harmony." **End**


Coty Originals
lipstick.
And a great face
from Stockholm.
What she likes for her lips:
creamy coverage that lasts
and lasts. And lots and lots of
color and body and texture.
So, for this great face,
Coty Originals.
The return of real, live lipstick.
The Coty Collection
of Great Faces.



K2r Spot-lifter lifts more spots from non-washables than other spot removers. Just about any spot from just about any non-washable fabric: clothing, carpets, drapes, upholstery, you name it. And K2r *lifts* spots out. So you don't rub them in. Just spray K2r on. Let it dry. And brush the spot away without a trace.

The spot lifter.

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WHAT'S HAPPENING

continued from page 6

Lester as Oliver himself on ABC, Sunday, Feb. 16.

Two new stories written especially for television by two favorite authors of children's books will arrive Feb. 19 on CBS. First, *Dr. Seuss's Hooper-Bloop Highway*, a road that leads "from nowhere to here." Then *Rosie's Movie: Starring the Nutshell Kids*, by the internationally acclaimed Maurice Sendak, with music composed and performed by Carole King. . . . For adults in the audience, *In This House of Brede*, Rumer Godden's novel about a woman who surrenders worldly pleasures for a nun's life. Diana Rigg and Pamela Brown star on CBS Feb. 27.

Books bound to be read

(Especially heartfelt for Valentine's Day):

It is well known that Emily Dickinson was one of the most mysterious and reclusive of American writers. But did you know that her brother was a gossip? His name was Quentin, and his 13-year correspondence with his next-door neighbor, Mabel Todd, is the basis for *The Life of Emily Dickinson*, by Richard Sewall (Farrar, Straus and Giroux), a massive two-volume biography just out. For $30 you can know it all. . . . *Hearts and Flowers*, by Sara Jane Freyman (Crown), is just right for the 28 men i your life: a cheerful collection of 2 turn-of-the-century romantic America post cards that you can pop out of th book and into the mail.

Love Songs of the New Kingdo (Scribner's), translated from the ancier Egyptian by John L. Foster: some of th most romantic and sensuous poetr you've ever read, proving that thos Egyptians were a pretty amorous bunc Each poem is printed in English an (no kidding) in hieroglyphics, so thos of you who read hieroglyphics can chec to see whether they left out any of th good parts.

Just for the record

Some of the most luscious listenin *ever* is available this month for the r mantically reclined. *The Poetry Byron Read by Tyrone Power* and *Th Love Poems of John Donne Read b Richard Burton* are from Caedmon an they speak volumes.

Capitol presents Nat "King" Cole album *Love Is Here to Stay*, in whic he spins romantic songs like *The Ver Thought of You, This Can't Be Lov The More I See You*, and *There Wi Never Be Another You*. This release just the thing to give *you* release fro ho-hum humdrum cares. **En**

GENE SHALIT RE-VIEWS

Amarcord. Federico Fellini at his best. One of the finest films in years. Don't miss it.

Animal Crackers. The Marx Brothers in their 1930 classic in which Groucho is Captain Spaulding, the African explorer who wonders how that elephant got into his pajamas.

The Apprenticeship of Duddy Kravitz. Richard Dreyfuss is admirably loathsome in this densely detailed story of a Sammy Glick in Montreal. A heavy film about a rotten kid on the make.

Bring Me the Head of Alfredo Garcia. Few movies are as tedious. Bring me the head of the studio that released this one.

California Split. Elliot Gould and George Segal are two of a kind: bet-on-anything Californians who win big in Las Vegas. Occasional fun with an empty ending.

Chinatown. Jack Nicholson, Faye Dunaway and John Houston in an evocation of 1930s Los Angeles. Filled with mystery, murder and mood, *Chinatown* takes the starch out of everyone who says they don't make 'em like they used to.

Claudine. James Earl Jones and Diahann Carroll are winning as a couple in this black movie about a boisterous garbage man and a suburban maid who try to make it despite her six kids and his abhorrence of welfare. Rated PG but the language and incidents are rough.

Escape to Nowhere. An action thriller involving British-Russian espionage. Intelligent, topflight entertainment.

For Pete's Sake. Barbra Streisand misused in a comedy that alternately doesn't work or works too hard.

The Gambler. This story of a college English professor who's a compulsive gambler is a mixture of Dostoyevsky and dice. James Caan's performance is a winner, but the movie is no big deal.

Harry and Tonto. An endearing movi with Art Carney in a shining performanc

Juggernaut. A high seas thriller in whi Richard Harris tries to defuse seven sophi ticated bombs aboard a trans-Atlantic lin before the 1200 passengers are blown in the sea. A tingler for adults and for Satu day afternoon 12-year-olds.

The Mad Adventures of "Rabbi" Jacob. A explosively funny farce for every memb of the family. Louis De Funes is an i spired comic actor. Don't miss it.

The Night Porter. Pretense and perversi in post-Hitler Germany. Dirk Bogarde effective in this sado-masochistic glo R-rated but deserves an X.

The Parallax View. Warren Beatty in flawed but headlong thriller about a n tional conspiracy that assassinates poli cians on assignment.

Scenes From a Marriage. Ingmar Bergma unravels the lies and longings of a husba and wife in three hours of Swedish inte sity starring the practically incomparab Liv Ullman.

The Seduction of Mimi. Rich and riba social comedy, filled with fun and ting with sadness. Perfect for adults; imperfe for kiddies.

The Tamarind Seed. Julie Andrews West and Omar Sharif is East and t twain meet in Barbados. A romantic my tery to take off your shoes by.

That's Entertainment. Some of the be production numbers from some of the be MGM musicals. All singing, all dancin all talking, all together now, *let's go!*

The White Dawn. Timothy Bottom Warren Oates and Lou Gosset rescued b Eskimos. Brilliant performances. Rated because of occasional bare bosoms, b that shouldn't keep intelligent high schoo ers from joining you. A superior film.



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CINDERELLA ROCKEFELLER

THE STORYBOOK MARRIAGE THAT COULDN'T BE SAVED

How the love story of the maid and the millionaire ended in unhappiness, psychotherapy—and divorce. Last installment of a very personal new book.

By Anne-Marie Rasmussen

In 1956, an 18-year-old girl from a remote Norwegian island arrived in New York City. Anne-Marie Rasmussen quickly found a job as a maid in the household of Nelson A. Rockefeller. Before long, Anne-Marie also found herself swept up by a clandestine romance with the Rockefellers' son Steven that culminated in their marriage on August 21, 1959. But when she began her new life as a member of America's richest family, Anne-Marie discovered that living happily ever after would be harder than she had thought.

Childishly and unrealistically, I felt rejected [when Steven's work kept him away from me]. I began to alternate between tears, sobs, pouting and anger, and letters and notes filled with pleas for forgiveness. Steve would just say, "That's all right, Mia, we'll do better next time," or "You better do some thinking about your behavior." Often, when I was upset, I liked to listen to music, and in the first five years of our marriage I completely wore out two records of Tchaikovsky's Piano Concerto No. 1.

Our apartment at 150 East 73rd Street in New York City was lovely. To be a housewife, at last, was exciting, and I forgot about my emotional doldrums. Steven and I worked hard cleaning and fixing, but we painted only a few kitchen cabinets —that was enough. Then Steven hired painters to finish the job.

Christmas was coming, and I went to Bloomingdale's to do some shopping. I purchased a few items, and to my embarrassment had to ask the salesgirl for assistance in writing out my first check. I hadn't written very many checks before Steven received a phone call from the bank at Rockefeller Center, requesting that I use a uniform signature so they could identify and process my checks without any doubts or confusions. I had been changing my handwriting depending on my mood.

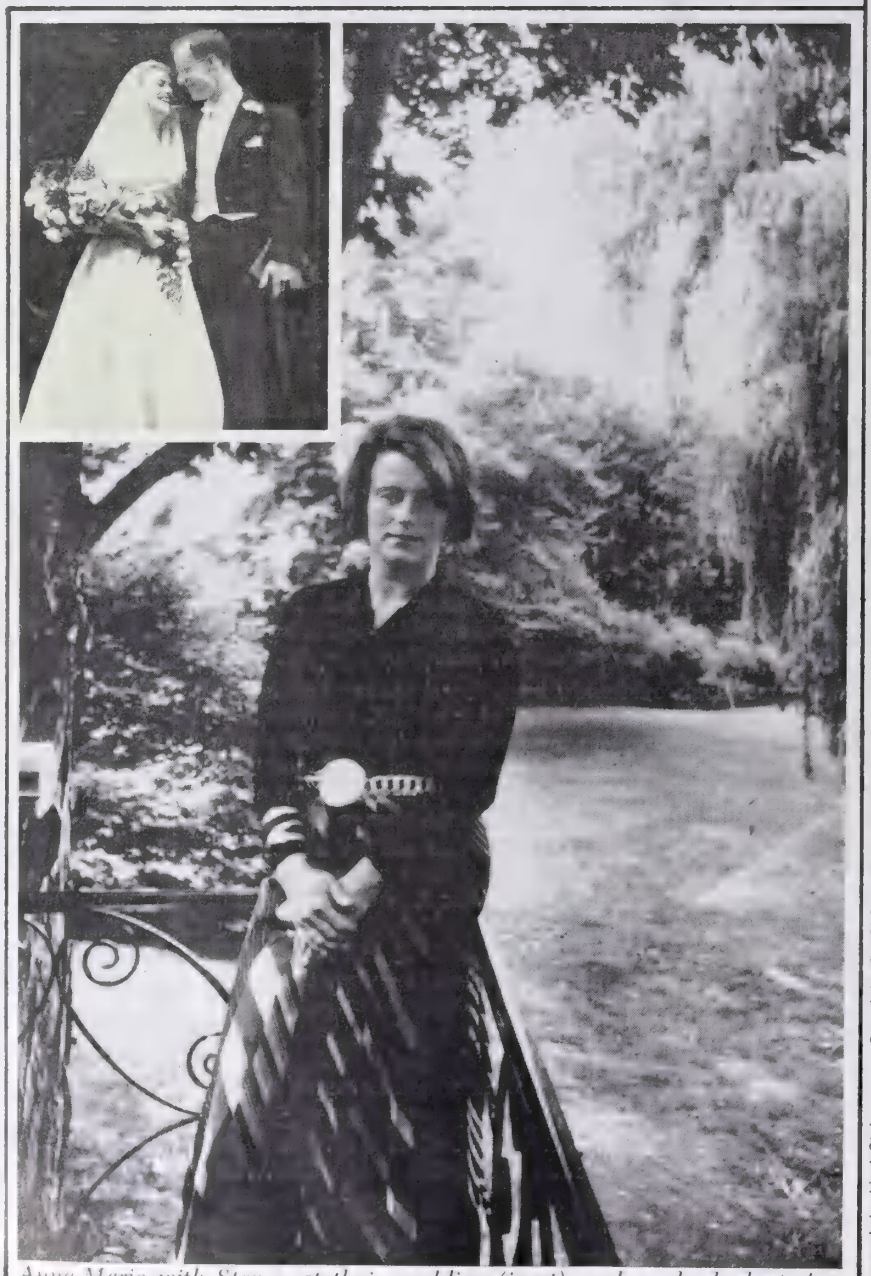
My days in the apartment were often long. I had to find something constructive to do, and with Steven's encouragement I decided to take another course in English.

To register, I stood in a long line waiting to pay the fee. I kept reading over the registration form, and finally I asked the girl in front of me if my husband's name should go beside the word "guardian." While we waited together for at least an hour, my newly found friend, Naomi Cohen, helped me go over the entire application. Finally it was Naomi's turn to pay her tuition, and she was $25 short. I could see an advantage in having a checking account that day as I quickly wrote out the amount for her.

After we were both through, she invited me downtown to meet her family and have lunch, and so she could return the borrowed money. The afternoon went so fast that I almost forgot it was the day for me to have my physical to determine if I was pregnant or not. Just as I was about to leave, I realized I didn't have on a slip. Reluctantly, I told Naomi my problem, and without saying anything she quickly produced a pretty, lacy half-slip, fancier than anything I owned.

I met Mrs. Rockefeller at her apartment; she was going to accompany

(continued on page 57)



Anne-Marie with Steven at their wedding (inset), and as she looks today.

Photograph by Liesl Steiner.

Copyright © 1975 by Anne-Marie Rasmussen. From her book, "There Was Once a Time: Of Islands, Illusions and Rockefellers," to be published by Harcourt Brace Jovanovich, Inc.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



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19 mg. "tar", 1.4 mg. nicotine av. per cigarette, FTC Report Oct. '74.

AMY VANDERBILT: QUESTIONS OF ETIQUETTE



The world's most respected authority on manners and morals fields inquiries on rude adults, Valentines, joint engagement cards, golden wedding gifts, and signing a funeral register.

Wife as secretary

When my husband receives a present, such as a birthday gift, is it improper for me to write his thank-you note?

I would certainly prefer your husband to write his own thank-you note—and I am sure the senders would prefer it that way, too. But certainly a note from you for him is better than nothing.

Rude adults

You have discussed how children should behave away from home, but what about adults? I've noticed that adults can be as pushy and rude to children as children are to them.

Adults can be terrible! So many do not consider children people, which is wrong, of course. Hurry and tension make many people rude. Sometimes the people to whom they are rude can help by being especially polite in return—"turning the other cheek."

A valentine

My husband and I entertained another couple (we're all in our fifties) and, as a surprise, my husband took us to a very fine restaurant. As we were driving home, our friends expressed their thanks, and I spontaneously said to my husband, "I love you!" The next day my friend told me that was not a suitable remark for a woman my age to make in the presence of others. Was I wrong?

I can't think of a nicer way for you to have thanked your husband. Your friend is overly conservative.

Floppy fun hats

My neighbor wears fun hats all the time. At the moment she is wearing a floppy fur hat everywhere. Should she remove it when she enters the house? (She doesn't.)

Many women, especially young ones, enjoy wearing hats at all times of the year. If this fun fur hat is worn, as I assume it is, with pantsuits or possibly even with jeans, then it would be considered part of the costume and need not be removed upon entering the house—unless the visit is to be a long one. When such a hat is worn for warmth, then it is removed upon entering along with coat and gloves.

Mother-daughter problem

I am a 13-year-old girl and I am tired of my mother constantly putting me down. She tells me how ugly I am or tells my sister to "get that creep for dinner." What can I do?

Your mother sounds as if she is under great tension. Have a quiet talk with her and say that you realize that there is really nothing personal about her references and that you know she doesn't mean to hurt you, but that she really does. I'm sure that she will change if you bring it to her attention. Try to help her get some rest and relaxation.

Reciprocation

My husband and I included some new neighbors when we gave a small buffet supper. A week later the neighbor phoned me in the morning and asked me to stop in for coffee. I did so and we spent a pleasant half hour. That was months ago, and I now wonder if she felt that was reciprocation enough. Do you think it was?

No, because any invitation should have included your husband. If you like the couple, try again. If you feel you don't want to further the friendship, let the whole matter drop.

Bridal attendants

My daughter, an only child, is marrying a boy with several brothers and sisters. Instead of bridesmaids, my daughter would like to have three little flower girls (cousins). Her fiancé's brothers could be ushers, but would the sisters be hurt at being left out? Do you have any suggestions?

The bride and groom may choose their attendants from their families and friends, and no one should feel hurt at being left out. Perhaps one of the sisters can be in charge of the guest book.

Joint cards

Is it proper for an engaged couple to send out greeting cards signed "Alice and John"? How do I respond, since Alice and John each have a different address and, until the wedding, different last names?

There is nothing wrong with this, especially as greeting cards do not require a reply. If for any reason you want t reply, send your note to the girl at he address and refer to her fiancé in you thanks.

Noisy diners

When I am annoyed by boisterou guests in a restaurant, is it permissibl to ask the waiter to request that th offending diners lower their voices?

By all means ask the headwaiter t speak to them.

Golden wedding

We are about to celebrate our golde wedding anniversary. Would it be co rect to select patterns in china, glass ware, and so forth to let friends kno what we'd like as gifts?

You may do this, but the informatio should be furnished to friends only they ask.

Funeral register

When the family of the deceased woul not recognize my married name, ho should I sign the funeral register?

Sign the register in this way:
Mrs. John Cornell
(Ruth Smith Cornell)

Wedding obligation

When a young woman receives a wed ding invitation and the inside envelop is addressed to her "and Guest," is th guest expected to send a gift?

The guest is not expected to present gift. It is much more polite, howeve for the senders of the invitation to dis cuss the matter with the girl, to ask th name of the guest she intends to bring then send that person an invitation possible.

Wedding guest

I want to wear a long, white caftan-lik dress to a wedding. A friend told m that it would not be suitable becaus the bride should be the only one in long white gown. Is that right?

Such a dress could be worn by a wed ding guest so long as it does not loo like a wedding gown. You could wea colored beads, or a sash, to erase an doubt. **En**

Miss Vanderbilt welcomes question from readers and answers them in thi column as space permits.

Now ready for JOURNAL *readers: Mis Vanderbilt's new booklet, "Large Pa ties" (open houses, anniversaries, hous warmings, showers). Also "Letter Writ ing," "Engagement and Wedding Eti quette," and "Table Manners." Send $ for each booklet to Miss Amy Vander bilt, Box 1155, Weston, Conn. 06880.*

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Portland, Oregon

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L-255

Announcing our 1975 LHJ CRAFT CONTEST

ORIGINAL STITCHERY WALL HANGINGS WITH AN AMERICANA THEME

In honor of the upcoming Bicentennial, the JOURNAL announces a new craft competition for its readers. The category: stitchery wall hangings (banners, framed pictures, other wall decorations) to be done in needlepoint, cross-stitch, crewel, or appliqué, or a combination of any of these techniques. Designs must be original (although they can be inspired by heirlooms or historical motifs) and can reflect any theme related to American life now or in the past. Designs may portray still lifes, people, animals, landscapes or patriotic themes. NO DIRECT COPIES OR KIT DESIGNS WILL BE CONSIDERED, AND ALL WORK HAS TO HAVE BEEN DONE WITHIN THE PAST FIVE YEARS BY THE PERSON SUBMITTING. (Material submitted in other competitions may be included, with note on previous awards.) May be any size up to 3x5-foot maximum.

PLEASE READ THESE INSTRUCTIONS CAREFULLY:

1. TO ENTER, SUBMIT TRANSPARENCIES OR COLOR PRINTS ONLY. All photos become property of LADIES' HOME JOURNAL *and none will be returned or acknowledged. WARNING: DO NOT SUBMIT ACTUAL NEEDLEWORK. It will not be considered or returned. Finalists will be asked at the proper time to submit their actual work. Rights to use the winning designs will be claimed by the* JOURNAL.

2. Each separate photo must be identified with your name and full address. Note any previous awards. No more than 3 designs can be submitted by any applicant.

3. Residents of the United States over age 16 may enter, except employees of Downe Publishing, Inc.

4. Contest closes April 15; no entries postmarked later will be considered. Winners will be notified and featured in a late summer issue of the JOURNAL. *Winners will be selected by a distinguished panel of needlework experts.*

FIRST PRIZE: $500
SECOND PRIZE: $250
THIRD PRIZE: $100

In addition, winners may also be invited to attend exhibitions of their work throughout the country.

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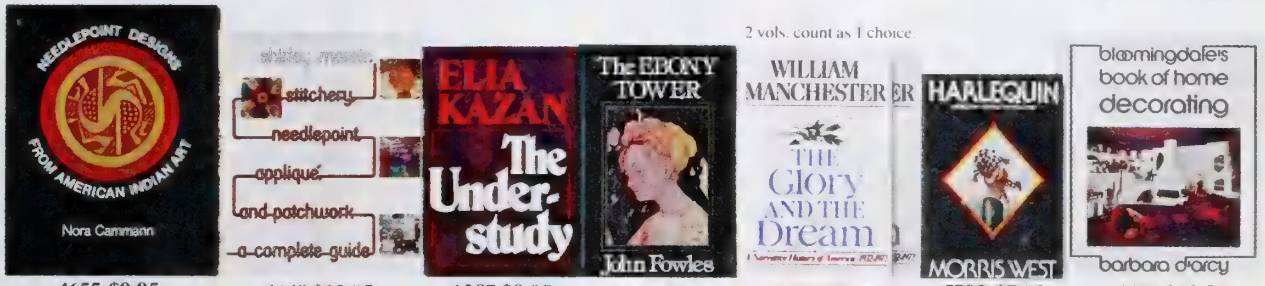
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You don't need a big budget to read the best sellers.



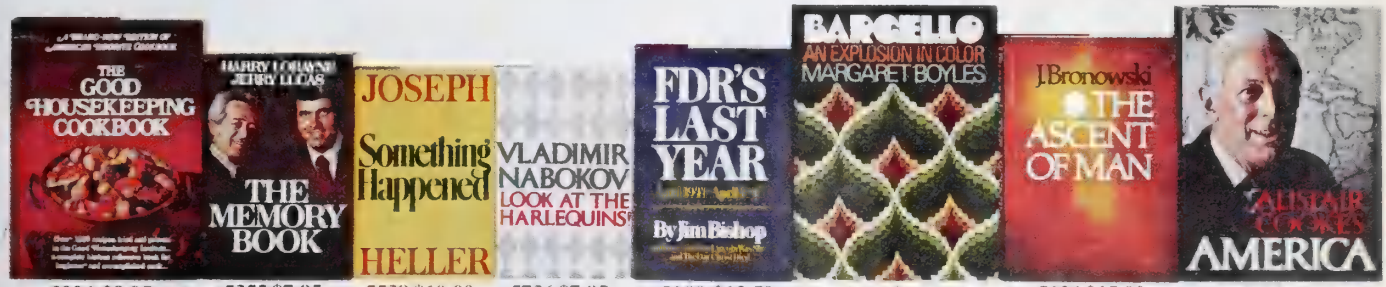
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PET JOURNAL: DO PEOPLE REALLY LOOK LIKE THEIR PETS?

Is it just an "old wives' tale"—or is it true what they say about you and Fido? Well, one expert says the idea is nonsense, but another says he's not so sure about that. Make up your own mind.

By Gini Kopecky

Do people look like their pets? Yes, in some cases, says Dr. Michael Fox, associate professor of psychology at Washington University of St. Louis, who is also a veterinarian. "The way in which we select and raise an animal is often a conscious or unconscious fulfillment of our own expectations," observes Dr. Fox. "Animals are really much more like people than we care to admit."

Not so, retorts Dr. Boris Levinson, Director of Child Psychiatry at Queens County, N.Y., Neuropsychiatric Institute and author of *Pets and Human Development*. "That's nothing but an old wives' tale," he says. As for photographs that seem to support the theory, Dr. Levinson dismisses them as "selective perception." He says, "If a photographer goes out searching for individuals who look like their pets, that is exactly what the photographer will find. He or she won't even notice the countless people and pets who bear no actual resemblance to each other at all."

It's an interesting debate—one not likely to be resolved any time soon. Which is just as well. For as long as it continues, we can all look forward to enjoying amusing photographs such as these. **End**



1



2

1. Beribboned Maltese and its pretty mistress.
2. All it takes is one strong gust of wind.
3. Dalmatian and owner—both on the spot.
4. Afghan hounds (what else?) are her pet breed.





4



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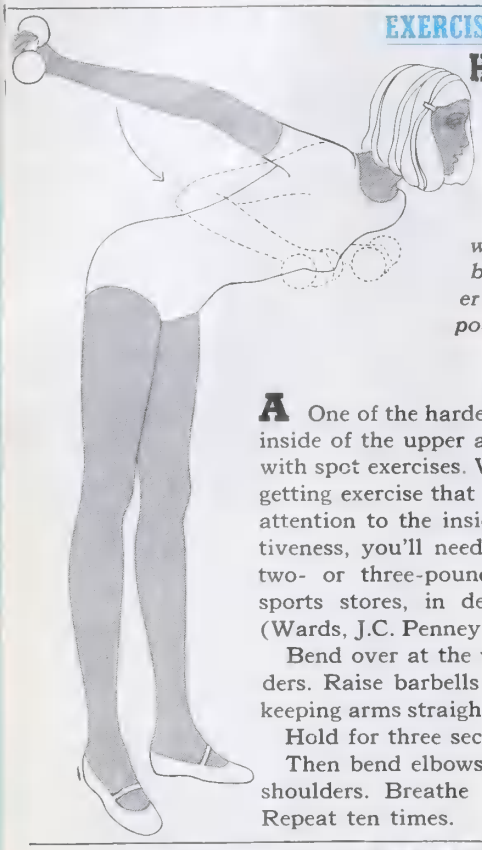
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BEAUTY JOURNAL



EXERCISE

HOW TO GET AT ONE OF THE HARDEST-TO-FIRM PARTS OF YOUR BODY

Q *A few years ago I lost considerable weight during several weeks in the hospital. When I went back to my old weight, my arms never firmed up. Is there anything I can possibly do to help this condition?*
—P.K., Richmond, Ind.

A One of the hardest areas to keep sleek and trim is the inside of the upper arm; it's almost impossible to get at with spot exercises. We've come up with a simple, result-getting exercise that tones the entire arm, with particular attention to the inside upper arm. For maximum effectiveness, you'll need an inexpensive (under $8) pair of two- or three-pound barbells. These are available at sports stores, in department stores or from catalogs (Wards, J.C. Penney).

Bend over at the waist, holding the barbells at shoulders. Raise barbells up and back as far as you can go, keeping arms straight.

Hold for three seconds.

Then bend elbows and pull the barbells back to your shoulders. Breathe normally as you do this exercise. Repeat ten times.

BEAUTY BARGAINS NOW

Small luxuries are the only ones anybody can afford these days—a pot of blue hyacinths, the latest paper-back Gothic romance, for example. We don't know what's on your list of indulgences, but three little luxuries we're thinking of this February:

- Nostalgic *Crepe de Chine* toilet water by Millot is available this month in a twin set. (Keep one of the twins; give the other as a valentine to a favorite relative.) Two 1½-ounce spray bottles cost $4.75, compared to the 3-ounce bottle at $5.50.
- Romantic *Wind Song Creme Perfume* (from Prince Matchabelli) is a good value this month—and a good chance to experiment with the long-lasting qualities of cream perfume. One ounce is $2.50, regularly $3.50.
- Fresh as a bunch of red-and white-striped carnations, Revlon's *Intimate Perfumed Body Moisturizer* is a bargain indeed. A 14-ounce $3.90 bottle is selling for $1.95—and it's smoothness and scent all in one. We consider this such a good value that we recommend stocking up right now.

THERE'S A NEW WAY TO BLUSH . . .

And it's almost as good as bottling an outrageous compliment: a liquid blusher from Helena Rubinstein called *Skin Life Deep Moisture Flowing Blush.* What we like about it is the easy way it slips on. Unlike some of the gel and cream blushers, you don't have to drag it across fragile skin. You'll probably need only one or two little dots blended up and out from the cheekbone to give you a glow. Available in four shades, $6.

VALENTINE FOR AN OLDER BEAUTY

We were intrigued by a recent study we just finished reading—a joint project of Mary Kay Cosmetics and the Dallas Geriatric Research Institute to determine the effect of regular facial and cosmetic care on elderly women. "It's been such an uplift," one 81-year-old woman said. What the study points up is the fact that an older woman who takes pains to look nice feels better about herself. The conclusion is not all that surprising when you come to think of it, but in our youth-oriented culture, older women sometimes give up trying to be attractive. This month, we honor the fascinating older woman—and whether you *are* one, want to *be* one, or *know* one, we suggest a gift of perfume, cosmetics, a pretty lipstick, pale pink blush-on cream or powder—and the encouragement to use it. Looking good isn't self-indulgence; it's a vote of self-confidence.

CHANGE FOR THE BETTER



Q *My husband and I are expecting our first baby soon; and I'm concerned about my hair, since I won't have the time to spend on it that I used to have. Also, one look at the enclosed photo and you will see the obvious—too much nose or too little face. My hair is thick but baby-fine. and defies all permanents. Will I ever be able to find a style that's easy to take care of and still looks like me?*
—B. A., York, Pa.

A First off, we suggest you get a really good haircut to banish dry broken ends. We like a smooth line for your face, and we think you'd look terrific in this simple, center-parted style curving under a little at the chin.

These shorter haircuts are easily styled with a brush and hand-dryer—just ask your hair stylist to show you the technique. Or, if you prefer, a few fat rollers can give you the slightly turned-under shape. As to the nose—it looks perfectly proportioned to us, but if you insist on balancing it with your hair-style, you can set one fat roller at the crown of the head for some extra height. And on those days when you feel your hair isn't pluperfect, you can tuck the sides behind your ears without losing the line of the style.

Illustrations by Theo Kleros

The Science of Beauty:

Helena Rubinstein thinks you deserve a guaranteed skin improver. Skin Dew with visible action formula will deliver smoother, softer, better-looking skin in 20 days. Or your money back.

Fashions by Stella Fagin © HELENA RUBINSTEIN INC. 1975



We have a scientific breakthrough: a way of suspending 'ferments lactiques (the exclusive milk protein in all Skin Dew preparations) in a light, rapidly absorbed cream. So it's concentrated and visible. Our newest Skin Dew will actually help improve the texture of your skin. Help protect you against moisture loss by setting-up a barrier against parching wind and weather. And it's formulated to create a pH balanced environment for your skin.

The result: in 20 days, you'll have a new look of smoothness and softness. A difference you can see and feel. We guarantee it. If you're not satisfied, send unused portion to Helena Rubinstein, 300 Park Ave., N.Y., N.Y. 10022.



Skin Dew

Helena Rubinstein



Candy Bergen sits near one of Jane Goodall's research subjects in Gombe: "Coming across a chimp stops you flat in your tracks. You know you stumbled onto something very important, though you're not quite sure what."



"At seven, Jane's son 'Grub' is independent, self-assured and insatiably curious—especially about nature."

WITH JANE GOODALL IN AFRICA

BY CANDICE BERGEN

Actress/journalist Candice Bergen visits "a woman who seems to be doing something right." And also meets, at last, those famous chimpanzees Miff, Fifi, Freud & Co.

Photographs by Candice Bergen



Ethologist Dr. Jane Goodall: "I have a strange sense of fate that I was born to do this work. How lucky I am!"

To enable me to keep them, I have made it a policy not to meet my heroes. Heroes, like radio, are better left to the imagination. In the flesh, they seem to falter. For some time, however, I have been fascinated by a woman who seemed to be doing something right. Aside from her professional achievements, she looked to be living her life much as I could like to live mine. She had become for me a hero who I was sure would stand up under scrutiny.

My first glimpse of Dr. Jane Goodall was via a highly acclaimed book she had written—*In the Shadow of Man*, published in 1971. It is an account of chimpanzee behavior in the wild and how she came to witness it firsthand.

In 1960, Jane Goodall went to the Gombe Stream Reserve on Lake Tanganyika to study and, hopefully, habituate chimpanzees (i.e., accustom them to human beings). For the first five months, she was accompanied by her mother, and then, except for two African servants, she spent almost a year alone in the bush. For many months she could not get closer than 500 yards to the chimpanzees. However, her persistence ultimately yielded an unprecedented close-at-hand observation of man's nearest relatives and the extraordinary discovery that chimps, like us, make and use tools effectively.

My next glimpse of Jane Goodall was in a series of TV specials. These were made by wildlife photographer Baron Hugo Van Lawick, who married Jane Goodall *(continued)*



brush
it on."



peel
t off."



feel
like
have
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new
skin."

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Brush-On Peel-Off Mask.
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in 1964 after spending nearly a year photographing her work. In 1967, they had a son, Hugo, nicknamed "Grub."

I wanted to meet this extraordinary woman, to see the life she had made for herself with her family, with her work, with her animals in the wild. Though visitors were few and far between and the camp is not open to the public, it finally came to pass that I could go to Gombe.

Directions to Gombe were: proceed to Dar es Salaam (capital of Tanzania), go from Dar to Kigoma. From Kigoma you catch a water taxi that lets you off on the beach at Gombe. From there you find the Research Center.

I consciously packed extra-light—two shirts, two pairs of pants, camera and shoulder bag I was prepared to have to overcome a certain resistance; not only as an invading journalist, but as "an actress." I'm sure Dr. Goodall expected me to arrive wearing a Halston ultra-suede safari suit.

The water taxi for Gombe leaves from Kigoma. It is not unlike *The African Queen*. It is a 30-foot boat painted red, green and yellow and shaded by a corrugated tin roof. The day I took it, it was filled with bananas, barrels, goats, chickens and fish dangling from the rafters. It was also packed with Africans going north along the lake. I sat squashed on the ledge with the men. Later, I realized all the other women were sitting beneath us with the cargo. Maybe I should tell them about the Movement. I speak no Swahili, and for all I knew, I had the wrong water taxi and might end up across the lake in the Congo. Where is Humphrey Bogart when you need him?

Three hours later, they called out: "Gombe." I could see children swimming, a few mud huts and mountains that shot up sharply. From the boat, Gombe was less conspicuous than other tiny villages along the shore. This, I learned later, was deliberate.

I wandered up a little path and found the camp. A student greeted me cheerfully and led me to the main house, where everyone was finishing lunch. Jane Goodall was there, wary. I shook hands and sat down quietly, conscious of my impact as an intruder.

The dining room, like all the houses at Gombe, is simple. The open windows are covered by thick wire caging to keep out baboons; double locks prevent them from entering through the doors.

Suddenly I saw some young baboons who had climbed onto the window ledge to watch us, sticking their arms through the wire to fish for nearby pens, flashlights and insect sprays. For a change, we humans were staring out through a cage while the monkeys peered in at us.

A tanned, khakied student came to the window and asked about a baboon that had been found dead that morning, apparently of a broken neck. He said he'd like to perform an autopsy and went off.

Students at Gombe are either "chimp people" or "bab people"—as their area of research dictates. Once there was a primate hierarchy, with the "chimp people" the elite. Now, however, things are egalitarian, with each student intensely committed to his or her specialty.

The Gombe Stream Research Center developed gradually from 1964, when the first research assistants joined Jane and Hugo Van Lawick in the field. Today there may be up to 15 students on a rotational term basis from various universities actively involved in chimpanzee and baboon behavior research.

Fifi, Freud & Co.

Soon I saw my first chimps. They are fed on an individual basis to provide regular close-hand data. First, Miff and her daughter, Moeza, came into the feeding station to get bananas. Then Figan, whose infancy I had read about, came into camp and sat on his favorite rock. Then came Fifi, Freud, Goblin and Gigi. It was an extraordinary feeling to be so close to these animals I knew so well from Jane's book. The chimps lay back lethargically in heavy stillness and tremendous power, vastly different from the chaotic activity of baboons.

Early evening was human bathing time at Gombe. Most of the staff bathed in the lake while swimming, but there was also a splendid, secluded waterfall about 45 minutes up the mountain. I showered there once and practically got pneumonia, so from then on I stuck to the warmer lake. Plunging in, soap in hand, I found Lake Tanganyika a magnificent tub.

Outside the dining room one morning, I saw Jane Goodall's son Grub swinging happily in a tree, rattling away in Swahili to his African companion and babbling in English to us. He looks very much like Jane, with suggestions of Tom Sawyer. His freckles sparkle and his eyes snap wide with interest. He is eager, alert and insatiably curious—especially about nature. At seven, he is easy and affectionate with people, independent, self-assured and unafraid.

At lunch Grub hugged Jane happily. There seems to be such love between them. Jane wrote about him in her book:

"I watched the chimpanzee mothers coping with their infants with a new perspective. From the start, Hugo and I had been impressed with many of their techniques, and we made a deliberate resolve to apply some of these to the raising of our own child. First, we determined to give our baby a great deal of physical contact, affection and play. He was breast-fed more or *(continued)*



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Morning and night, Oil of Olay (from your drugstore) works with nature itself to maintain your skin's oil-moisture balance, essential for you to look your very youngest. The complexion-cherishing liquid, compatible with the skin, provides a barrier that helps retain your skin's own natural moisture, a complexion bonus as the years slip by.

Won't he be pleased when you begin to look your youngest? Your more youthful looks will be just one more pleasure for the two of you to share.

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* * *

Some women like to give their skin a vacation from cosmetics one day a week. But, please, never a day without Oil of Olay® to help protect your skin with its own moist environment.

JANE GOODALL
continued

less on demand, for a year. Wherever we went we took him with us, so that though his environment was often changing, his relationship with his parents remained stable. When we punished him we quickly gave him reassurance through physical contact and, when he was small, we tried to distract him rather than simply prevent him from doing something naughty."

Over our goat-stew lunch, she elaborated. "The good thing about raising a child here is that you can focus on what's important instead of spilled food and other things which don't matter."

Lions and cows

Having been raised largely in the wild in Africa, Grub seems at ease with and knowledgeable about the animal kingdom. But when he was very young, Jane and Hugo had to build a huge cage for him on Gombe's beach to keep him away from animals till he learned to be cautious. The first sentence he learned to speak was, "Lion out there eat me." "We had to teach him to be careful," Jane explained, "but when we went to England no one could understand it when Grub saw a cow and was terrified. It was logical that he would be; his upbringing has been so different."

I said that I found it sad that many women today seem to feel that their children inhibit and restrict their lifestyle, that I didn't see many women enjoying their children.

"Well, here's one that does," Jane said firmly. "So many of my students leave here and can't wait to have children."

Talk turned to animal research experiments—such as baby monkeys taken from their mothers, chimps put in tiny boxes and deprived of any stimulus for two years, chimps put in concrete cells with double padlocked doors.

Jane said, "I have nightmares about it; people are just beginning to wake up. I have ten letters I received after *In the Shadow of Man* was published—from research scientists who said they were stopping those experiments. There were only ten, but it's a beginning, and there must be others who didn't write."

The next day we walked together. I watched her as she negotiated a steep path—light of foot, fair of hair, fastidious. The Deborah Kerr of the jungle, I thought, as I wheezed after her.

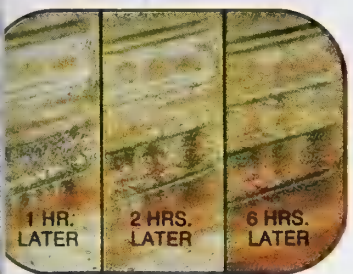
After Grub went to bed one night, Jane and I sat talking. I said that people were predicting society would collapse in 25 years. "Oh, I don't believe that," she said. "I have great faith in mankind. There have been so many great individuals who've accomplished such incredible things. Then people who believe in disaster just sit back and do nothing. *(continued on page 70)*



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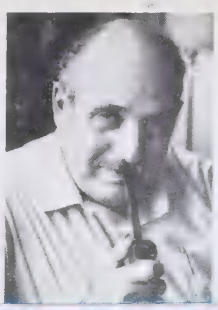
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DR. RUBIN: YOUR QUESTIONS ANSWERED



Has the trauma of rape been exaggerated? Should children take part in adult conversations? These are some of your inquiries Dr. Rubin answers this month.

By Theodore I. Rubin, M.D.

Rape and trauma

I have always heard that any well-intentioned woman could make rape almost impossible by fighting back. Is this true? Also, as a psychiatrist, don't you feel that the emotional trauma of rape has been exaggerated?

Since you did not sign your letter, I cannot tell whether you are a man or a woman. I would judge that you are a man, and a rather naive one. Fear is a powerful emotion. When people (men *and* women) are terrified enough, they will *not* fight back. The fear of death, physical pain or sexual violation can often bring on an attack of paralysis and/or utter submission—whether the person is well-intentioned or not. (I assume that what you mean by a "well-intentioned" woman is one who does not want to be raped.)

To answer your second question—no, the emotional trauma following rape has *not* been exaggerated. Such trauma is enormous. Few crimes can evoke the rage, demoralization, revulsion and emotional pain that rape does. In truth, few women are ever able to completely get over the experience. In a recent paper, psychiatrist Martin Symonds, who has studied psychological harm done to victims of violent crimes, pointed out that in addition to personal traumas, these victims must also bear the reactions of neighbors and so-called friends. Their initial sympathy often turns into avoidance or ostracism—as if the victim has a contagious disease. As a result, the victims of crimes—especially rape—who most need friendly support are further traumatized by the lonely vacuum in which they can find themselves living.

Children and adult conversations

My eight-year-old son's desire to participate in adult conversations is encouraged by my husband—but not by me. What do you think?

If, by adult conversations, you refer to private conversations between you and your husband, then no, I do not think your son should participate. I also think he should *not* partake in conversations where confusing information is forced upon him; conversations that are converted into theatrical productions in which your son becomes a kind of midget performer; or conversations in which he is asked to render his young judgment to settle adult controversy.

However, I do believe that a child should be heard as well as seen. After all, conversation is how we communicate. A child must not be confined to speaking only when spoken to, only when he has complaints and demands or only in defense of himself when he has broken some household rule.

Sharing in appropriate conversations with adults is a wonderful and important practice for children. It gives them a chance to articulate feelings and thoughts and to have a sense of belonging—a sense of acceptance and self-esteem. Appropriate conversations teach a child to become both a speaker and a listener. Once a child is admitted to a conversation, however, he must not be tyrannized or patronized; he must be given his turn to talk, and when he talks, he must be listened to. When the people he loves listen to him with respect, then he will learn to respect himself, to value his ideas and thoughts. Such feelings of self-esteem will be of immeasurable value throughout his lifetime.

Taking criticism

Why is it that I can take criticism from some people and not from others?

There are people who are particularly abrasive, arrogant and patronizing, and no matter how valuable their words may be, it is difficult to be open and receptive to what they have to say. Other people say what they have to say with charm, respect, sensitivity and obviously good intentions—so that listening to them is in no way equal to being put down.

More important than words or manner, however, is the relationship that exists between you and your critic. Criticism is easier to take when it comes from someone with whom you have had a deep, constructive relationship. Psychoanalysts know this. They know that interpretations that are difficult for a patient to digest will be accepted much more easily after enough time has passed so that a good patient-doctor relationship has developed. Most people do not develop instant trust. We all need time and experience with each other before we are ready to hear things—important things about ourselves—without feeling threatened or hurt.

Personality changes

What makes a man who all his life has been a pillar of modest and quiet deportment suddenly break out and do embarrassing things at an age when most other men are winding down? I'm talking about middle age or even older.

There are at least three reasons for such a personality change. First, it could be the result of the male equivalent of menopause. Many men (and women) reach middle age and cannot face the fact that they are no longer young. In an effort to stop the aging process, they begin to act like children. Another possible reason for personality change could be a physical or organic disorder, such as arteriosclerosis, a brain tumor, etc. Thirdly, the man's actions could be caused by psychological disorders, or the beginning of a mental breakdown. In any case, sudden changes in lifelong personality patterns would always warrant a complete physical and psychological examination.

Vacation friends

When I go on a cruise or any kind of vacation, I meet nice people, with whom I exchange addresses and phone numbers. Then I never call or write them. I might add that these people don't call or write me, either. Why?

Sustained relationships are not initiated or established easily. Relationships require a good deal of work—as well as common interests and involvements (plus geographical proximity and availability). On vacations, especially within the confines of a cruise ship, we are often lonely or openly motivated to form "instant" friendships. But once the common interest—the cruise or the vacation—is over, we return to our homes and our long-standing social *milieu*, and it is difficult to invest the time and energy necessary to turn instant vacation friendships into sustained relationships. Occasionally, instant friends do become sustained friends. When this happens, it indicates that the parties involved had a good deal more in common than the same cruise ship or the same vacation spot. **End**

As a regular feature, Dr. Rubin answers questions on your personal, marriage, family, and emotional problems. The doctor is a well-known psychoanalyst who practices in New York. He is also the author of SHRINK! *(Popular Library). If you have questions for Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.*

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MOTHERING



The latest news, ideas and information every mother needs to know about child-rearing.

AN INTRODUCTION

Changing More Than Diapers

Don't poets know it
Better than others?
God can't be always everywhere;
And so invented Mothers.
Sir Edwin Arnold, 1832–1904.

This is an exciting time to be starting a new column for mothers. Finally the air has been cleared of the Victorian sentimentality that has engulfed motherhood for so long. The Edwin Arnolds of the world—men who clearly were more at home making rhymes than formulas—may have seen motherhood as next to sainthood. But real-life mothers know better. It's almost impossible to change a diaper standing on a pedestal.

We can now admit that, as a condition, motherhood rates mixed reviews. Watching a one-year-old finger his or her first flower is an extraordinary experience; chasing that same one-year-old around the kitchen while trying to cook dinner after an afternoon of babytalk. Or that we may want careers and children, too.

But there is also a new danger—that instead of putting motherhood on a pedestal we simply put it down. We cannot allow the growing pressures to do "more" with our lives to prevent us from taking the time to enjoy and experience our children. We cannot let a new mythology tyrannize us out of being mothers.

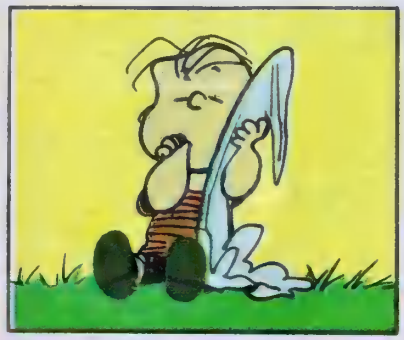
This column will focus on the complexities and pleasures of contemporary mothering. It will be a clearinghouse for the wide variety of news, issues, information and tips that are of vital interest to today's mothers. (There are about 30 million of us with children under 18.) We will talk to prominent authorities on child-rearing and to ordinary mothers, who must after all be counted among the experts on children. We will offer, but not impose, opinions. For too long, we've been living by other people's books.

Editor's note: Geraldine Carro, Journal staff writer and a former news reporter, is the mother of 15-month-old Catherine (above). Married to a playwright, Ms. Carro will be the magazine's voice on issues that concern today's parents.—L.H.

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is not. How liberating that women can finally say so—without guilt.

How liberating, too, to admit that as adults we prefer—not to say crave—the conversation of other adults



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IN THEORY

Linus: He Has the Right Idea. It may be a security blanket to Linus, but in the medical trade it's called a "transitional object." Whatever the name, experts generally agree with Linus that it's a good thing to have if you're trying to grow up in this world. Dr. T. Berry Brazelton, nationally known pediatrician, says, "It's a tough job growing up in this country. A child has to do a lot by himself." Brazelton thinks a transitional object can ease a young child's difficult move from total dependence on his parents to independence. Brazelton, who incidentally calls *his* transitional objects "loveys," thinks anything from a security blanket to a favorite teddy bear or doll is fine. "A lovey can be anything that satisfies both parent and child," he says. At what age should a child outgrow his lovey? Brazelton hesitates to fix a deadline for the final divorce. "It's very individual. Perhaps around four or five, when the child should be going on to other things."

SAFE BETS

The Small Objects Watch. What touches the hand must go to the mouth. The syndrome is common to all normally curious infants and toddlers. For parents, the difficult hand-to-mouth stage calls for a constant and crucial watch on small objects.

Because the child's swallowing skills are unpracticed, tiny objects—even harmless foods like small nuts—can go down the windpipe and cause choking or lung damage.

Your safest bet is to think ahead. Check all toys for tiny eyes, buttons and other potentially detachable small parts. Do not let the child play with marbles or tiny plastic toys. Keep all safety pins closed. If swallowed they are less likely to cause punctures. Be sure to keep all buttons, beads, pins, screws and pills out of reach. Do not feed a small baby nuts or tiny hard candies. Make sure that older children do not put small objects in a baby's mouth. If your child has swallowed a foreign object, telephone the doctor immediately.

Do you have ideas or news for other mothers? Write your comments to "Mothering," LHJ, 641 Lexington Ave., N.Y., N.Y. 10022

IN GOOD HEALTH

How to Pick a Pediatrician. As medical consumers, parents pay about $660 million a year to private pediatricians alone. As with any other product or service you buy—and especially one so related to your children's well-being—it pays to buy with your eyes open.

As a parent you may be shopping for a pediatrician because you are expecting a first child, because you are moving or because you are dissatisfied with your current doctor.

If your community offers a choice, we suggest you interview several doctors before settling on one. The best time to interview is *before* your child needs medical services. A diplomatic approach to requesting such a meeting: "I'm a mother-to-be/new in town/etc., and looking for a pediatrician for my child. I'd like to come get acquainted briefly before my child needs medical help." (If the doctor is reluctant, you might say that you expect to use his or her services for many years and prefer meeting before making a long-term commitment.

Turn the page for 14 key questions to ask a prospective pediatrician. Many questions have no right answer per se. The responses, however, can help you decide whether you and the doctor are compatible. You might ask the nurse some of the simpler questions. See **14 Questions You Should Ask Before Picking a Pediatrician** on Page 42.



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MOTHERING

(continued)

14 Questions You Should Ask Before Picking A Pediatrician

1. How much does he* charge for a visit?
2. Does he make house calls? (A convenience, usually not a necessity.)
3. Does he accept telephone consultations?
4. What are his office hours?
5. What is his after-hour coverage? (Does he have an answering service; how fast can he be reached in an emergency?)
6. Who covers for him when he is away?
7. Is he certified by the Board of the American Academy of Pediatrics, or is he Board-eligible? (Board status does not say whether a doctor is good or bad. It tells you he's done special studies in his field.)
8. What hospitals is he affiliated with? (If your child needs hospitalization, you want him sent to a good hospital.)
9. How old is he? (An older pediatrician may retire before your child outgrows him. However, a younger doctor has less experience.)
10. Will he visit your newborn in the hospital? (This allows him to talk with hospital staff about child's immediate post-delivery condition.)
11. Can you call him frequently when the baby first comes home? (Easy access can calm new-mother jitters.)
12. How does he feel about bottle feeding vs. nursing? (If you plan to nurse, a supportive doctor can make it much easier.)
13. What does he prescribe as an infant feeding schedule? Demand feeding (established by baby), a fixed routine, or some middle ground?
14. How does he feel about prescribing medication? Does he prefer a wait-and-see approach or does he favor medication at the early signs of illness?

*Your pediatrician may be male or female. We use "he" throughout for simplicity only.



FUN & GAMES

Peanut Butter, Jelly and Paint. It's the best thing that's happened to rainy days since galoshes. It's a paperback book for kids called *Arts and Crafts You Can Eat* (J.B. Lippincott Co., N.Y., $1.95). The premise is that the kitchen is a great place for creative fun. Author Vicki Cobb has her readers expressing their artistic urges by making the likes of pasta mobiles, pretzel snakes and painted sandwiches.

To make painted sandwiches (see photo above) you need slices of white bread, a new paint brush, and four paper cups filled with a few tablespoons of milk each. Add a few drops of food coloring to each cup. Using the colored milk, paint any design you like on the bread. Toast lightly. Then make into your favorite kind of sandwich. What if the artist doesn't like the results? Well, says author Cobb, he or she can at least eat the mistakes.

EDUCATION

School Records: Your Right to Know What They Say About Your Child.

• *A nine-year-old boy who once hugged a classmate had "homosexual tendencies" written into his permanent school records.*

• *A father who worked for the school his daughter attended had occasion to see her official folder. He found five pages of notes about his and his wife's "political activities."*

Once confined mainly to IQ scores and grades, student folders have grown increasingly fat. They now bulge with such "soft data" as psychological profiles, personality ratings, disciplinary reports, and notes on family relations.

"The typical student record is a grab bag," says Carl Marburger, former New Jersey Education Commissioner and a member of the National Committee for Citizens in Education. Partly because of the NCCE's efforts, the government has enacted a new law that lifts the veil of secrecy from school records.

The new 1974 Elementary and Secondary Education Act signed by President Ford gives parents the right to see their children's school files. It also gives them the right to challenge and correct information they feel is wrong or misleading.

In the past, most school administrators denied parents access to the files. Unfortunately they sometimes handed them "to anyone else who walked in the door including credit bureaus, insurance companies, welfare agencies," says Marburger.

Because of the newness of the law, the Committee expects that parents may still encounter resistance at the individual school level when they ask to see records. The Committee suggests parents be firm. It also recommends parents specify that they want to see the full records—grades, test scores and guidance department files. The Committee has established a hotline for parents who want more information on the issue. (You can dial them free at 800-NETWORK).



FATHERING

Write Us Your View. "Fathers have been left out in the cold," say the male authors of *Father Power,** a new book that tells how men can—and should—play a more important role in raising children. We agree that it's time for both fathers and mothers to reexamine attitudes toward fathering. Below is a questionnaire that asks some key questions about fathering in your family. Please answer and mail to us. We'll talk about the results in a future column.

The Fathering Questionnaire

1. How much does your husband share in the child-rearing? Fifty-fifty/more/less/rarely.
2. How does he help the most?
3. Do you feel guilty asking him to assist with the children?
4. Would you like him to participate more? If so, in what ways?

Please mail answers to "Mothering," LHJ, 641 Lexington Ave., N.Y., N.Y. 10022, indicating ages of family members; sex of children; if you hold a job.

*Father Power by Henry Biller and Dennis Meredith. David McKay Company, Inc. New York: 1975, $8.95.

Food photograph by Joe Di Bartolo

15 good reasons why you should use Ban Roll-On.



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RALPH NADER & ROBERT REDFORD

TWO FASCINATING MEN INTERVIEW EACH OTHER.















They seemed an odd combination: America's #1 male sex symbol and America's #1 consumer advocate. But they had plenty to talk about. Robert Redford (and his wife Lola) have long shared Ralph Nader's interest in consumerism and the environment. And Nader (who had seen The Sting*) was interested in Redford because the actor is a public figure who is willing to fight for the causes in which he believes.*

When Nader arrived at Redford's New York city office for the LHJ dialogue, he was uncharacteristically early. Characteristically, he was hungry; he hadn't managed to find time to eat in 36 hours. He closeted himself in a small adjoining office to finish reading a recent magazine interview with Redford. His head bent in concentration, his rangy body scissored into an office chair. Nader might have been studiously examining The Congressional Record *for evidence of wrongdoing.*

When Redford arrived, the two men shook hands. They were a study in contrasts: Nader in a rumpled, dark-blue suit —tall, dark, earnest-looking; Redford, casual and yellow-haired, flashing the famous grin and wearing a striped sweater atop well-fitting dungarees. As the photographer snapped away and the sound man hung microphones around their necks, they began to talk—about the dangers of plutonium, the new house Redford is building in Sundance, Utah, the solar energy system he hopes to install there, and a nuclear-energy conference both had attended.

A JOURNAL *editor was on hand, but for the most part Nader and Redford conducted their own dialogue. When the tape recorder was finally turned off almost four hours later, it was clear that both men had enjoyed playing the fan as well as the celebrity for a change.* —*Kathleen D. Fury*

NADER: I've always wanted to ask an actor: do you learn a lot about acting just by watching people?

REDFORD: It's the best school in the world.

NADER: How do you do it? Do you watch certain gestures?

REDFORD: Gestures are more superficial; it's attitudes you watch. When you're with people in public situations—Greyhound bus depots, Madison Square Garden during a Knicks game, whatever —where they're being themselves, you notice that certain attitudes become patterns. To see what people do when they're trying to keep from laughing—that's the most human emotion in the world. In church—at funerals, even—I've wanted to laugh. Of course, it's getting harder and harder for me to observe people now that they recognize me on the street. What about you? Has fame interfered with *your* work?

NADER: Before I wrote *Unsafe at Any Speed* I could go into any office, or meet with somebody in a restaurant and nobody would know the difference. I miss that; in a way it was more fun. Now, if I walk into an agency, people get a little upset. Often I can't sit with someone for a couple of hours and slowly break into that person's inner information reservoir and get information, because he's on guard.

REDFORD: Oh, I don't know. I don't know anybody who isn't somewhat flattered by recognition, at least in the beginning. But if your livelihood is partially dependent, as mine is, on observing people, and suddenly that changes and they are all looking at *you*, and not behaving naturally, it feels as if you're slowly going blind.

I remember something my daughter said. We were on a horseback ride together, way up in high country 25 miles from anything. She was exceptionally quiet the whole time, but finally she said, "Gee, I've seen things during this trip I've really never seen

(continued)

Photographs by Stephen Green—Armytage

"I laughed when they set down the bowl of new, improved Gaines·burgers®."



He won't eat them, I said.

I mean, all he ever eats is canned dog food. It's got to be moist and meaty, or he just stares at you and walks away. So if it doesn't come from a can, forget it.

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Then they said, these are the moistest Gaines·burgers ever. And the meatiest Gaines·burgers ever. And the best-tasting Gaines·burgers ever.

I said that was marvelous, but he wouldn't eat them.

Well, he ate them.

I mean, he *demolished* them.

So now my dog demolishes them regularly. The Beefy Gaines·burgers and the Cheese-flavored Gaines·burgers and the Gaines·burgers with Egg. He likes the variety, and I found that I don't really miss having those cans of half-eaten dog food all over my refrigerator.

I'm not laughing anymore.

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before. I was looking at the aspens changing, and the chokecherries—and when those hawks were circling, I really *saw* them! It's as if I've been living in a glass box filled with water, and suddenly the sides broke away and the water came rushing out."

I remember how envious I felt of that emotion. I thought, Oh, God, if I could have a feeling like that instead of just the reverse, like things are closing in on me. It's nobody's fault, really, in fact it's a little bit my own perhaps, but that's the way it is.

NADER: But didn't you think the reception people gave you at the nuclear conference was fairly down-to-earth?

REDFORD: Yes. It's unfortunate, but lots of times I get the impression that people don't care what I think about environmental issues, pollution, politics. They want to know if I really jumped off the cliff in *Butch Cassidy*. I can understand when people are suspicious of my motives, because when I was a kid growing up in California I thought movie people were just not real.

NADER: I don't see why a celebrity should be limited in what he or she can do. I always want to put a celebrity to work for causes I think are important.

REDFORD: And I seldom get to work. I always feel I'm doing a Buffalo Bill routine—you know, standing on the stage drawing six guns and knocking out half-dollar pieces. I am really wildly uncomfortable in those situations.

NADER: I suppose people think celebrities should be happy where they are, since they're doing very well. I once asked Marlon Brando, "Why are you acting in movies like *Last Tango*?" And he said, "I'm doing all these movies because I have to pay a lot of alimony and because it's something to do while I decide what I *really* want to do with my life." That's a sign of a growing person, who sees beyond a few famous movies in terms of helping those who aren't going to get many well-known people to help them.

"Politics don't attract the best people"

REDFORD: I really do sympathize with that. But it's only recently that I've become involved in political support. I've felt for so long that there was something of the game about it all, and that politics didn't really attract the best people. I feel the best people are those, like yourself, who stand outside the government acting as watchdogs and thinking about the future. We have such limited men in government that we seem further along than our leaders. And finally, it all got so frightening—what's happened to the quality of life in the last few years—that I felt I owed it to myself to go out and support people I believed in. But how valuable *is* my support? People want me to come out and stand next to them in a shopping center, or shake hands with the mayor. Usually, I say no, because I'm not sure that really works. I know I draw a crowd, but I think it's a mistake to think that 2,000 curiosity seekers represent 2,000 votes. They just want to see if I'm fatter or shorter or balder or skinnier than I am on the screen.

NADER: But as long as there's going to be a lot of public attention paid to movie stars' lifestyles, then it's much healthier to focus on someone like you, who is trying to show how people can live in interaction with fresh air and water and soil in a self-sustaining way.

REDFORD: Incidentally, to avoid any kind of pristine labels here, I suffer from certain material pleasures, and [laughter] I sure love them. I used to have a snowmobile, for example, because our house was snowbound in the winter. But we revised our lifestyle considerably as our concern about pollution developed. I used to hunt, and I loved it, but I don't hunt anymore. I'm sure there will be other areas in which I'll come to realize that what I'm doing doesn't make sense, and just stop doing it. You know, Lola is very involved in *(continued)*

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King size and 100's

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

consumer activities with a group [Consumer Action Now, or CAN]. Her grandfather had a cherry orchard in Utah. He died of liver cancer 20-odd years ago, and she had been very close to him. Well, years went by and nobody thought much about why he died. Then we started hearing about the dangers of pesticides, and Lola came to the conclusion that, since they sprayed the trees in the orchard and he worked out there a lot, quite possibly he died from pesticide poisoning. And that got her interested in a lot of consumer concerns. With other women, she started going around to the supermarkets to see if they'd posted the phosphate contents of detergents, and hassling them if they didn't. Before long the group grew and became widely concerned.

NADER: I think that both women and men should be dealing with issues of consumer protection. But as a matter of reality, there are more women in this country who don't have to answer to an occupational boss than there are men. Instead of regarding the millions of women who are in the home as trapped, we should see that if they freely choose to be there, then they have that priceless commodity called relative freedom of conscience—to advocate change, to build structures of citizens action at the state, local and national level—without having to worry about being fired or frozen on the corporate ladder.

JOURNAL: But sometimes there is a great deal of pressure on women to behave as "company wives."

NADER: The concept of "company wife" is a product of the male-dominant family system. A company doesn't ask a man, "Why is your daughter speaking out on that issue?" But they often expect his wife to conform, to toe the company line. Well, of course, that's nonsense.

JOURNAL: Ralph, have you ever chafed at male role restrictions?

"Bring her in"

NADER: Yes, particularly in getting interested in things that are labeled or stereotyped "home economics." Early in the consumer movement that was considered work for women. The consumer adviser to the President is always a woman; that's a carry-over of that stereotype. Suppose somebody walked into your outer office and said to your secretary, "I'm a home economics adviser, and I'd like a job." And your secretary steps into your office and says, "There's a 'home ec' adviser who'd like to see you." You'd probably say, "Bring her in," never thinking it might be a man.

REDFORD: Does that affect you?

NADER: Not at all, because I have always refused to succumb to stereotypes of what women and men should and should not be doing. There were two boys and two girls in my family, for example, and there was never a question whether our sisters would go from one step to another on the educational and professional ladder. Both sisters have Ph.D.'s. As for tasks, my brother was the best cook among the children and always did a lot of the cooking. My sisters did work in the house, but also held part-time jobs outside. I guess the only stereotype was sewing; the boys never sewed. I did my share of dusting and making beds. My parents were pretty traditional, though. My mother raised the children and created a great home environment, and my father worked in the restaurant business, and together they interested us in our duty to help others. I felt much sorrier for him than for her, because he felt that the restaurant had to be open 16 hours a day to serve people. He'd open the restaurant even on Christmas Day for five hours, because there were some older lodgers nearby who had no place else to eat. And I think a lot of men are that way; they can't do the kinds of things they want to do because they feel either such an obligation or there are no alternatives to the daily life of their work.

REDFORD: Is that true of you also?

NADER: No, because I enjoy my work so much in its diversity. I'm like some of the people in those so-called primitive societies, who have no word for the concept "vacation." I've often said that one of the happiest persons in the United States should be the anthropologist, because technically everything he or she does, experiences or watches is part of the job. Why can't more people do that?

REDFORD: Yes. I look back and say the best times of my life were when I was rehearsing in some play, and something so good was happening in rehearsal that I just didn't want to go home that night. Well, maybe the work is the best of it right there, if we could only recognize it. One of the troubles with goals is that once they're achieved, that's the end of them.

JOURNAL: There's a theory that people who feel very strongly about their work should not marry.

REDFORD: I don't agree with that. It seems to me that you can increase your capacity for things as you do them. If energy and pleasure are there, if you really enjoy and love somebody, then you increase your capacity to share with them and continue your work.

NADER: Well, it's hard to find somebody who's willing to . . . like the Sydney and Beatrice Webb-type combination where their love and their work were one. Anybody who works all the time or most of the time, obviously sets that work as a priority. And when there's a conflict, the work wins—unless the other person has the same priority, and obviously it's hard to find such a person.

JOURNAL: Some men might prefer to have a wife who wasn't working at all.

NADER: That's their problem. What purpose is there to that? After all, there are 3½ billion people on earth and countless problems, and if you've got an opportunity to help, you've got to do it. It's simple. If you should do it, you've got to do it, whether you like it or not. That's the way I operate. *(continued)*



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I do a lot of things that are tedious, but what keeps me doing them is the fact that they've got to be done.

REDFORD: What do you do for laughs?

NADER: That's a very interesting question, because I like to laugh. To me the highest form of humor is wit and satire, plays on words, those things. They're a form of learning and also of getting me through a difficult day. What's the saying? "In humor there is truth." When I am indignant about something, I like to break the pattern with one or two laughs. If you take everything very, very seriously you lose an important perspective. What about you?

REDFORD: I like to listen to actors talk about things that go wrong on the set. And I laugh when I enjoy myself—sometimes I just laugh out of sheer enjoyment when I'm skiing, which gives me a lot of pleasure. Mistakes make me laugh too, my own mistakes. I enjoy a really embarrassing moment. And watching people—human behavior is just about the funniest thing there is.

NADER: I know you've been in Washington doing research for *All the President's Men*. What have been your impressions of investigative reporting?

The press: "abusive and heroic"

REDFORD: I think the press is a very interesting institution that hasn't really been done in film. But certain members of the press are capable of committing the same offenses that they are reporting others for. Woodward and Bernstein, for example, made a couple of moves that were exactly the sort of activity they were getting the goods on other people for. I think there's terrific abuse of power by the press, and that's confusing, because I also view the press, at least this year, as heroic. I'm indebted to them for exposing Watergate. But I've met very few people I didn't feel to be corrupted. Of course, it's easy to criticize until you've had it in your lap.

NADER: Yes. Early in my career, people tried to compromise me in very minor ways. An auto dealer in Texas called up once and asked if I would come down and autograph Corvairs. Or would I endorse a product. But I just said, no. And that's the trick—the minute you exchange five or six sentences they get you embroiled verbally, and I've never permitted that at all.

JOURNAL: Do you think of yourself as incorruptible?

NADER: Yes.

REDFORD: I agree. About Ralph, I mean, not me. I'm totally corruptible. But that touches on something I've always wanted to ask you. Why have you made the decision to stay outside of politics?

NADER: Well, one reason is that I think politics reflects the quality of the citizenry, and better people will go into politics if there's an active constituency of citizens to shield them from the impact of special interest lobbies. Also, citizen action is the area I think is most important, the area fewest people work in, the area where the great frontiers are. Have you ruled out a political career?

REDFORD: Definitely. It's not attractive to me at all. I think groups like yours are more honest and effective, and are having more influence on people than politicians are.

NADER: Do you intend to act for the next 10 or 20 years?

REDFORD: I don't intend to, I don't want to. I think my interest would wane. But I don't feel that I've done what I wanted to do as an actor yet. When I've gotten closer to that, I'll move on.

NADER: What are some of the other things you'd like to try?

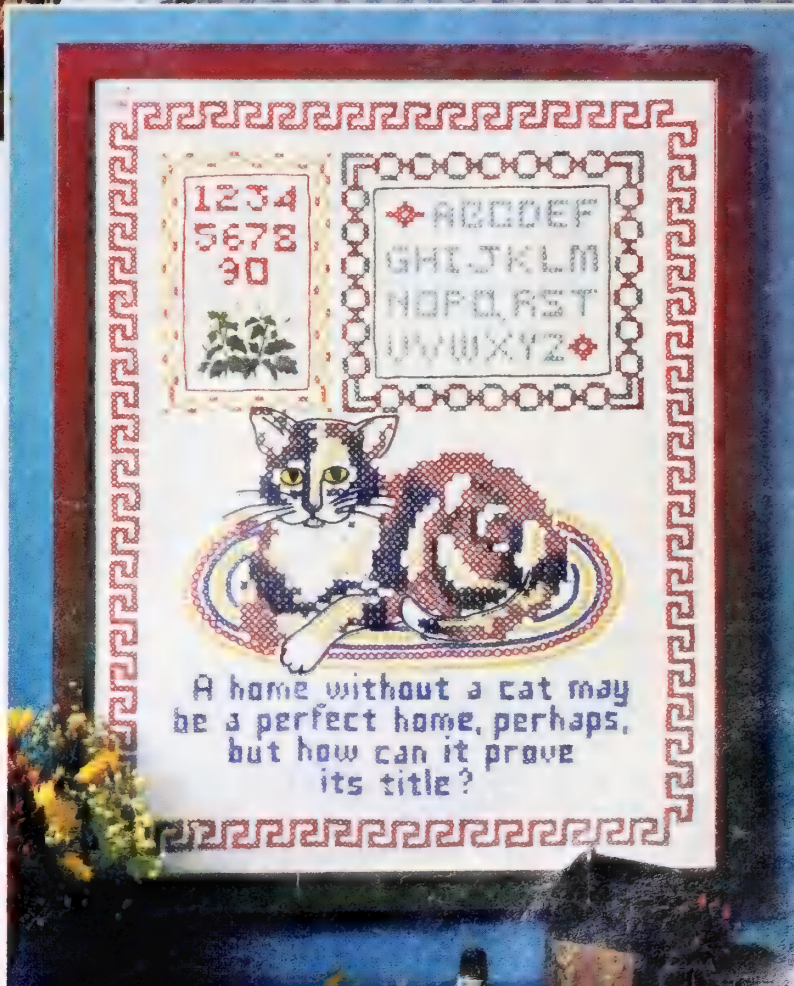
REDFORD: Well, I farmed at our place in Utah this summer, and I was really happy. And I've thought about architecture, that's another thing I love. Directing, possibly—just directing a film, not having to worry about anything else. Writing. Time will tell. **End**

Georgia Ball has captured the look of a "purr-plexed" kitten in her delightful "Three's a Crowd" crewel picture 18″ x 14″ (right). And to further celebrate the winning ways of cats, a wise tortoiseshell tabby warms itself on a hearthrug in our "Fireside Cat" cross-stitch sampler 14″ x 18″ (below). Each kit complete with stamped fabric, floss or yarn, needle and complete instructions. Frames, available as shown, are easy to assemble. Stitch more feline fun with our "Happy Cat" crewel pillow kit (not shown). Knife-edged, 16″ square and complete except for form. By Ann B. Bradley



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MEDICINE TODAY: A GUIDE TO WHAT'S NEW



Study shows that sex is on the increase! . . . Connecticut's Rh vaccination program succeeds. . . . A new medication will stop urinary tract infection. . . . Breathalyzer laws fail to scare drunken drivers.

By David R. Zimmerman

More sex. American women are having sexual relations more frequently. Population researcher Charles Westoff, Ph.D., of Princeton, in analyzing interviews with 10,000 women, found "clear evidence" that coital frequency had risen from 6.8 times in each four-week period in 1965 to 8.2 times in 1970—a 21 percent increase. He says this may partly be due to a greater reliance on effective contraceptives such as the Pill.

Indecision. Food and Drug Administration officials have said twice—and we reported once—that they had approved Depo-Provera as a long-acting, injectable contraceptive. Twice the FDA has changed its mind, most recently because of new evidence that Depo-Provera might cause cancer. So, as of last November, the drug is not an approved contraceptive—and may never be.

Rh vaccine. A research triumph like the Rh vaccine—which prevents baby-killing Rh disease—is only as good as the efforts that insure its delivery to patients. By urging, encouraging and cajoling hospitals, Connecticut's Health Department has raised coverage to 99 percent of the Rh-negative women who should have it. As a result, the Rh registry chief, Mrs. Jo Ann Gustafson, points out that only ten RH babies died in Connecticut in 1973.

New medication. Urinary tract infections, which strike mostly women, can be painful and dangerous—and they tend to recur. In a major advance, doctors at Canada's University of Manitoba, in Winnipeg, have found that daily treatment with a new, low-dose antibiotic combination (it has the jaw-breaking name Trimethoprim sulfamethoxazole) cuts recurrences to an incredibly low one case per thousand patients per year.

Unsafe therapy. Doctors are alarmed by studies here and in Europe that show that women with high blood pressure who are on long-term antihypertensive therapy with drugs containing reserpine run a two to three times greater risk of breast cancer than women who do not take such medication. Reserpine antihypertensives include Serpasil, Eskaserp and Rau-Sed. The FDA suggest that women ask their doctors whethe they should be switched to other med cations designed to combat hyperter sion.

Drunken driving. Experts fighting deadly epidemic of drunken driving m recently in Toronto. Many felt they we failing to scare drinkers from behind t wheel. According to recent statistics, a proximately half of the 55,000 traff deaths in the United States each ye involve alcohol. Particularly disappoin ing has been the failure of the "breat alyzer" laws. The developer of t breathalyzer, Robert Borkenstein of I diana University, places the blame poor police enforcement. Borkenste says only one in every 2,000 violators arrested.

Tube transplant. We recently describ an experimental way to help a wom with blocked fallopian tubes to conceiv Her ovum and her husband's sperm a joined in a test tube, and the concept is then placed in her womb. Anoth method is being tried by German gyn cologist Georg Sillo-Seidl of Frankfu He transplanted a tube taken from o woman having a hysterectomy into a other who had undergone a tubal lig tion. It remains to be seen if she w conceive with her borrowed tube.

VD. The film *How to Talk with Y Teenager about VD* is available free your social or civic group; all you p is the postage. Call your Travelers surance agent, or local office of Travel Insurance, which sponsored this edu tional film.

First aid for fires. The National Saf Council believes that all homes sho have fire extinguishers. Few of them n do. The label codes on extinguishers dicate which fires each will fight: "A for wood, paper and cloth; "B" is for grease and gas; "C" for electrical fi The number that precedes each le indicates how big a fire the extinguis can put out (high numbers are for lar fires). The Council recommends 2-A:10-B:C, all-purpose extinguis for homes. It costs about $30 and n be the purchase or gift that will sav life this year.



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BRILLIANT MEASURES: SEPARATES TO SEW FROM ONE YARD OR LESS

Measure for measure, you can't beat this spring sewing strategy: great-looking, easy-to-sew separates, all of which take only one yard of fabric. (The exact yardage for each depends partly on fabric width.) An added advantage of this tactic: When you have to buy only a yard, you can afford a better quality fabric. All, Simplicity patterns. By Alison Beyea, Home Sewing Editor.



1. Puffed-sleeve blouse, A-line skirt, pointelle polyester/rayon knit by Master Knitters. Top, #6902; skirt, #6862.

2. The bright-red top and matching scarf were cut from one yard of Banlon nylon by Apsco. #6902. The skirt is sewn in a Dacron blend knit by Samantha Lee. #6862.

3. The braid-trimmed bolero and matching skirt took one yard each of antique white polyester by Spilke. #6861.

Photographs by John Vidol.

All jewelry by Kenneth Jay Lane, Hanes hosiery.

"Your hair takes more abuse than any other part of your body. Spend 30 minutes with it at least once a month."

Julius Caruso



"I've seen good hair get a little dry, lack lustre, and become unmanageable from just everyday living.

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I use condition* because it's an intense 30-minute process. It contains more animal protein than any leading conditioner. It doesn't just coat the hair's surface. Its protein-rich cream penetrates and fills in dry porous areas on the hair shaft...makes hair look alive.

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You douse it with hairspray,



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and wash the living daylights out of it.



condition*

The 30-minute treatment.

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Parliament. The recessed filter cigarette.



1. Epic film maker James Fox wouldn't set foot on a set without his cigarette holder. It gave him a sense of direction, not to mention cleaner taste.



2. No need for a cigarette holder today. Parliament's filter is recessed, so you taste only rich, clean tobacco flavor. It's our special effect.

It works like a cigarette holder works.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

"CINDERELLA"

continued from page 20

me to the doctor's office. I had never had his kind of examination before, so Mrs. Rockefeller sat by me and asked the doctor the necessary questions. The next day I was told the test was positive. Our first child, a son, Steven, was born on July 21, 1960.

Steven had decided not to go back to work at Rockefeller Center. He had been searching within himself for some time, and knew by now that he needed to do something that would bring him more answers to his philosophical and metaphysical questions. After much deliberation, he decided to enroll at Union Theological Seminary. He knew his family, especially his father, was counting on him to make some significant personal contribution to the political or philanthropic world. Steven convinced his father that his combination of a philosophical and religious background would provide him with the insight now missing in most national leaders.

Biggest Bible

Religion became a sore subject around our house. Steven placed the largest Bible I've ever seen on our foyer table. He always kept it open to the Twenty-third Psalm. I didn't like the Bible being displayed so conspicuously. I admit that many visitors remarked how nice it was to see an open Bible, but I went on complaining to Steven—yet the Good Book remained on the table.

I began to worry that Steven might go all the way and become a minister. I thought I couldn't bear the extra burden of being the Reverend Rockefeller's wife, and hoped he would stick to philosophy, the lesser of two evils for me.

Christmas, 1960, was filled with depression, and by January I knew something dreadful was happening to me. My spiraling depression worried Steven to the point of seeking professional help, and the family physician recommended a private hospital, the Silver Hill Foundation in New Canaan, Conn. I didn't want to go, and the ride in Steven's Volkswagen seemed to take forever. As we turned off the parkway Steven stopped the car, slumped over the steering wheel and sobbed like a child. So did I. He promised I would be home soon, feeling much better and stronger. And he emphasized this was a hospital to which patients committed themselves voluntarily.

I kept telling the doctor I wasn't sick, I wasn't like the rest of the people there; I was only feeling a little sad. He told me that many important people from enlightened backgrounds came to Silver Hill to be treated for depression, alcoholism, food addiction and excessive cigarette smoking. After nine days, I announced to the doctor that I was leaving that evening. He told me that ladies don't travel at night, and for the first time since I'd arrived there I spoke truthfully: "I don't want to be a lady any more."

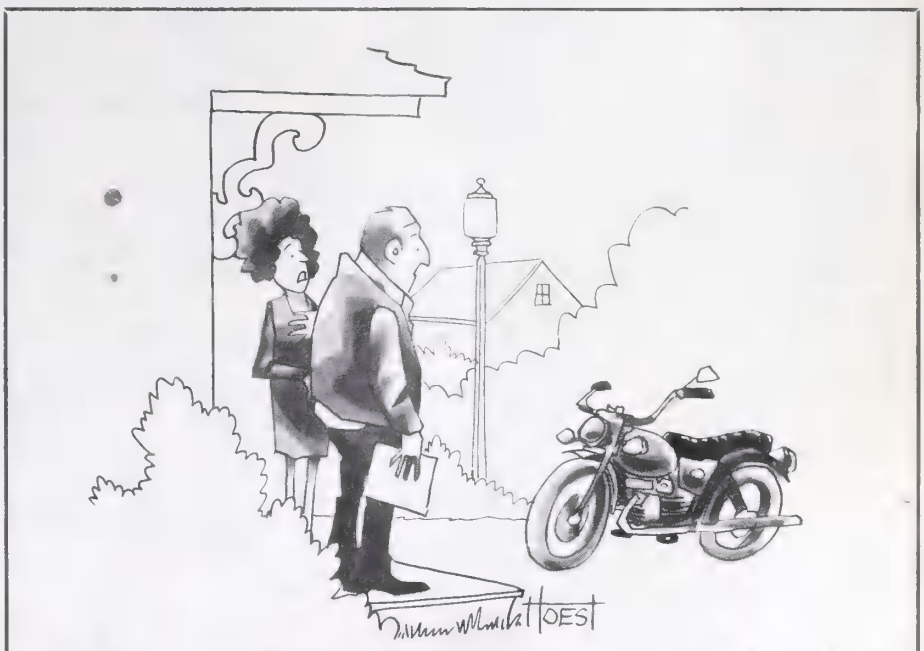
The next morning Mrs. Rockefeller came to pick me up. Gently she urged me to stay, implying that if I loved Steven I would try to remain until I felt better. I told her I would have to prove my love to Steven in some other way. I left with the reluctant blessings of the director, who gave me the name of a psychiatrist in New York City.

I had an appointment with the psychiatrist the next day. He started to ask me questions about my parents, mainly my mother. I had some letters in my pocketbook from Mamma, which I translated for him, and he told me my mother herself sounded very troubled. I hated his words and I wondered how he could base his opinion on a few letters. After that he started to ask me some very personal questions about my sex life. I was horrified. My next nine or ten sessions with him weren't much better. I finally told him I didn't think I could see him any more.

My next appointment was with a Dr. John Weber. He didn't make me feel defensive, nor did he make any diagnoses of Mamma. He never called me Mrs. Rockefeller, only Anne-Marie, which seemed significant to me. But he had a hard time getting me to say what was wrong, except for a vague though deep unhappiness and a feeling of insecurity. He tried another approach. Didn't I feel lucky as Mrs. Rockefeller? How many girls did I know who were as fortunate as I? Hadn't the Rockefellers accepted me into their family totally and without reservation? (It didn't occur to me until years later that *Steven* might be the lucky one.) His questions and my thoughts seemed to require too much effort on my part, and I didn't see how they could alter my craving for attention and signs of love from my husband. I admit that many of my sessions with Dr. Weber were comforting, and it really wasn't his fault that I went on feeling unsure of myself. And, at home, Steven became more intense in his study of philosophy as my powers of concentration dwindled. Then I found that going to a hairdresser made me feel better than seeing Dr. Weber.

Soon I was having my hair done at least twice a week, along with manicures and pedicures. I had to have my monthly allowance raised substantially, and Steven remarked that I was becoming more of a Rockefeller than any of the other women in the family. He didn't think my emerging glamorous image should be so important in my mind, and when he asked me to keep an itemized account of how I spent my money, I became defensive and annoyed. I didn't want him to know how much it cost for me to be beautiful. I wanted him to think it was natural.

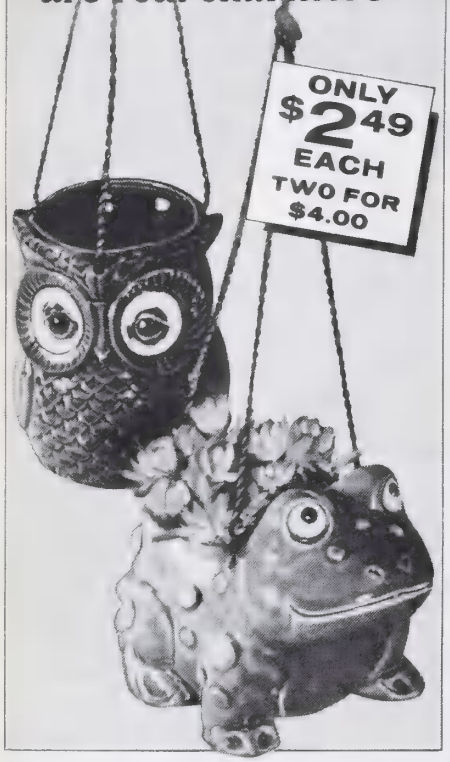
We were shattered by the news that Governor and Mrs. Rockefeller were going to separate after a 31-year marriage. Twenty-four hours after the separation was announced, sadness was compounded by tragedy. Steven's brother Michael was reported missing off the coast of New Guinea. The Governor and Mary, Michael's twin sister, flew directly to New Guinea to investigate. Michael had been on an expedition with a friend, and their catamaran had overturned. The friend, who was rescued while still clinging to the craft, reported that Michael, a strong swimmer, had tried to make it to the shore to seek help. After an exhaustive search, the Governor sadly concluded that there was *(continued)*



"Do you suppose he's all right? His Honda came back without him."

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"CINDERELLA"
continued

little evidence that Michael might still be found alive, and he and Mary left for home.

Steven, his other brother Rodman and I met Governor Rockefeller at the airport. We drove to Tarrytown in silence.

Mrs. Rockefeller looked grief-stricken as we entered her living room.

"Hello, Nels," she said.

"Hello, Tod, how are you? I am sorry to bring such tragic news back to you."

After a long silence, Mr. Rockefeller placed a large map of New Guinea on the floor in front of the fireplace. We all got down on our knees in a huddle to listen to his account of the futile search. The details were somber, painful, brief.

As he was leaving, shaking his head in despair, Steven's father kissed Mrs. Rockefeller on the cheek and said good night to her and then to us before he left for the "Big House," where he had been residing since the separation.

Soon, Mrs. Rockefeller was on her way to Reno to obtain a Nevada divorce. I knew this was not of her choosing, and I admired the regal way in which she continued to carry herself—head always held high, with never a hint of desiring sympathy. When I asked her about her source of inner strength, she spoke of her unassailable belief in God. It was the first time she had ever confided in me about this aspect of her life.

In May, 1963, Governor Rockefeller married Margaretta ("Happy") Murphy. The Laurance Rockefellers held a reception for the new bride and groom. No family members were present except for the host and hostess.

Happy moved into the "Big House," with the Governor, and Mary Clark Rockefeller began to look for a new residence off the estate. Her children encouraged her to stay where she had lived for years. But it was probably too painful to be so close to the Governor and his new bride, who had been a friend of the family.

During all this family turmoil it became apparent that I was pregnant again. Our daughter, Ingrid, was born on August 13, 1963.

The Governor's children, brothers, sister, and in-laws were devoted to Mary Clark Rockefeller, but everyone was polite and gracious to the new Mrs. Nelson A. Rockefeller. Feeling slightly uncomfortable myself in referring to her as Mrs. Rockefeller, I just stuck to "Happy," and instructed the children to call her "Aunt Happy."

A Smiling Happy

Happy came to our home for the first time shortly after Ingrid was born. She smiled broadly and said, "How terrific," when she looked at the new baby. Her tone of voice and her inflection were the same as Nelson's. She was smiling during the whole visit, and I assumed that must surely be how she came by her name.

The first Christmas after Mr. Rockefeller and Happy were married, we invited Steven's mother to spend Christmas Eve with us.

On Christmas Day our family, along with Steven's brother Rodman, his sisters Mary and Anne and their families, assembled at Mrs. Mary Rockefeller's home in New York City. Divorce and remarriage produce strange mixtures at family gatherings. It seemed ironic, for instance, that Steven's father would not be there, even though he (and Happy) lived in the same apartment building, one floor below.

Briefly, tranquillity returned to our married life. But this was shattered one day, at least for me, when I saw a half-addressed envelope to an unknown doctor on our foyer table. When I asked Steven about the letter, he told me that he was now visiting a psychoanalyst.

"Why didn't you tell me?" I asked.

"Because I didn't know how to."

Steven tried to make *(continued*

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me understand that seeing an analyst was not a sign of weakness, and might even be a show of strength. He said it might help us both in the long run. I became totally unreasonable with Steven over this matter, yet I could see he was not about to abandon his analyst. I told him I wanted to go away. I decided to go to Norway with Ingrid.

Before my stay in Norway was over I had begun to miss my home and family very much, and Steven's letters and the thoughts in them were comforting. It was evident that he missed Ingrid and me. When we returned home, he told me that I looked rested and at peace with myself. He hoped my happy look would remain with me forever.

For the most part, it did stay. Only occasional reminders of the doctor's presence in our lives, like the bills in the mail or the days marked in Steven's appointment book, caused me to feel pain and resentment.

When I became pregnant again, Steven and I had a long talk about the undesirability of raising three small children in the city. We decided to give up our apartment and move to Tarrytown.

Every Sunday, rain or snow, Steven took the children to church. I accompanied them only occasionally. My vision of becoming a minister's wife was coming closer and closer to actuality. Many times I left the little church after Steven had delivered a sermon, feeling guilty that I could not share my husband's enthusiasm for the religious life.

Never-ending studies

Because of the tension between us on the subject, and his own doubts, he decided to get a Ph.D. in philosophy after graduating from Union Theological Seminary. I was disappointed that his studies seemed to be never-ending, but I decided I'd rather be a student's wife than a minister's wife.

Jennifer, our third child, was born on October 1, 1964. Shortly after the birth I was sitting with Mrs. David Rockefeller, who looked at the Navajo necklace, the wedding present from Steven, that I was wearing, and exclaimed, "How extraordinary, Mia. Did you know that is a special piece of jewelry worn by Indian women and is a sign of fertility?" That evening I took off the necklace, put it in a box, and shut the box away in a drawer in fear that Mrs. Rockefeller's remark could come true once more.

In 1968, the United States prepared for another national election. Steven felt seriously involved, even before his father belatedly entered the Republican Presidential primaries.

I had no intention of becoming personally involved in the Governor's efforts until a friend called *(continued)*



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CHERRY BREEZE

- ⅓ cup regular margarine or butter, melted
- ¼ cup sugar
- 1 cup Kellogg's® Corn Flake Crumbs
- 1 pkg. (8 oz.) cream cheese, softened
- 1 can Eagle® Brand Sweetened Condensed Milk* (not evaporated milk)
- ½ cup ReaLemon® Reconstituted Lemon Juice (measure accurately)
- 1 teaspoon vanilla flavoring
- 1 can (1 lb. 5 oz.) cherry pie filling, chilled

*Magnolia or Dime Brands may be used

1. Cook margarine and sugar over low heat, stirring constantly, until mixture boils. Remove from heat. Mix in Corn Flake Crumbs. Press evenly and firmly in 9" pie pan to form crust. Chill.

2. Beat cream cheese until smooth. Gradually mix in Sweetened Condensed Milk. Stir in lemon juice and vanilla. Spread in crust. Refrigerate 3-4 hours or until firm.

3. Top with chilled cherry pie filling. To remove pie pieces easily, place hot, wet towel around sides and bottom of pan before cutting. Serves 8.



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"CINDERELLA"
continued

She urged me to go out on the campaign trail to stalk the Scandinavian vote for my father-in-law.

I called the Governor. He was impressed by my offer to be a "Rockefeller for Rockefeller," and laughed when I said, "If the Kennedys can do it, so can the Rockefellers."

Soon I was on my way, on a hectic barnstorming schedule. Every place I went it was reported that Cinderella had come to campaign for Rockefeller. I began to feel that I was becoming someone in my own right. Once I even overheard somebody say to Steven, "You are a lucky man to be a Rockefeller and to have Anne-Marie."

Sad faces

When I saw Mr. Rockefeller lose the Republican nomination in Miami, his face seemed relieved and I detected a sort of inner release. I don't think Mr. Rockefeller ever really wanted to win in the first place. The only sad faces after the convention belonged to those few supporters who had already imagined themselves settled in Washington, giving advice to the "Chief." (There was a joke that Dr. Kissinger was Mr. Rockefeller's congratulatory gift to Mr. Nixon after the convention.)

Nelson Rockefeller wasn't the only loser in the campaign. Whatever brief periods of happiness and peace Steven and I had enjoyed as a couple seemed to fade away entirely when the excitement and social whirl that had enveloped me this past year came to an end. The story-book romance and the fairy-tale marriage were slowly turning into a tragic saga.

In June, 1969, I left for Norway while Steven worked on his doctoral dissertation. He planned to join us in August.

On August 1, 1969, my world crashed—Papa was dead! One of the last things he said to me before he closed his eyes was, "I understand you, Mia, and I love you."

The very next day I received a thick letter from Steven. How relieved I was at first to think I was hearing from him when I desperately needed to.

The letter began with "PLEASE READ IN QUIET AND PRIVATE PLACE."

He started off by telling me about all the rain in Tarrytown. He then said that since I had left he had spent his time thinking. . . . Gradually, he had been reflecting on all that had happened to us over the years and this past winter. There had been bright moments, yes, but we had not ever really been happy together for any length of time. He did not blame anyone, he wrote. It was just a fact. He told me that in view of his feelings he could not think of coming to Norway.

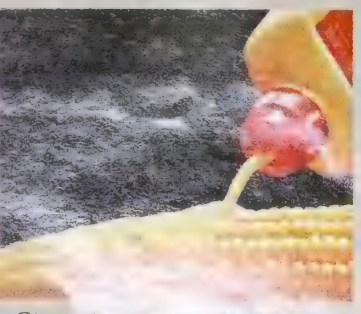
Sometime during the spring of that year, when I was feeling desperate, I had reached the point of suggesting a separation or a divorce. In this letter, Steven reminded me that he hadn't been able to accept my previous suggestion. He had stubbornly clung to his ideal of working out our marriage. But the problem was that we had tried—so hard, so long—and still there was a great gulf between us. Neither one of us had been able to love the other in a way that was satisfactory to the other. Could we in the future? he asked. He had begun to have serious doubts that we could. He felt more than ever the strain under which we had been living, and the deep personal need to experience something better.

Just not suited

Where did this all lead us? He did not yet know. We would certainly have to talk it over quietly somewhere, and make every effort to protect the children from being any more upset than necessary. He said how much he hoped his letter was not too much of a shock for me, and he believed that in the past I had perhaps been more willing to see the truth of our relationship than he had: I had often suggested *(continued)*

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The cigarettes of the past provided a lot of smoking pleasure but they also delivered a lot of the 'tar' and nicotine the critics have aimed at.

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Filter: 11 mg. "tar", 0.7 mg. nicotine, Menthol: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report OCT. '74.



"CINDERELLA"
continued

that maybe we were just not suited to each other, and maybe I had been right.

He wrote without bitterness, he told me. He wanted to do what was best for me, for himself, and for the children. Perhaps I would even find this letter a relief. I must not suspect from all this that he had found another person to take my place. He had not.

"Love, Steve," he wrote at the end.

Papa's death numbed the blow of that letter. I couldn't allow myself the luxury of self-pity or sadness. Real, deep grief was the first priority. I was in a state of shock over the loss of my father, and one doesn't really enter two states of shock simultaneously.

Steven did come to Papa's funeral. But apparently he had meant every word of his letter. I could tell by his reserve and aloofness, and his lack of overt sympathy for me.

My melancholy increased. As we began to discuss terminating our marriage, it became overwhelming.

Steven and I had gone to see Dr. Weber together before I went to Norway. During that meeting I had run out of the office twice because I was so upset. Dr. Weber had said to me: "Steven loves you as much as he could love anyone. If it's not enough for you, you both should do something about it."

Now, as my depression deepened, I went into the city for another visit with the doctor. (I was to see him many times in the next eight or nine months, and he really upheld me during that difficult period.) I made plans to spend some nights with Steven's mother, who showed as much love, understanding, and warmth to me as my real mother could have.

Untangled fairy tale

On October 9, 1969, Steven moved out. Lawyers met and began to work at the complicated business of untangling a fairy tale and dividing property. We had a few major disagreements, one of which was about our king-sized bed. For some reason Steven wanted it, but I did, too. My sister, though, prevailed upon me to be reasonable.

For the sake of my sanity and the health of the children, I knew it was time to give up living at Pocantico. I finally purchased a large home in a countryside of woods and meadows, and I moved there in February, 1970. I called my new home "Ras Rock," intending to bring to it the best of both of the worlds those names stood for.

The children and I are still living at "Ras Rock," four years after my marriage to Steven Rockefeller ended, and one year after the end of a brief second marriage. [In June 1971, Anne-Marie

(continued on page 70)

When I lost 48 pounds, I started going places and doing things.

By Barbara Truitt—as told to Ruth L. McCarthy



At 160 pounds, I may have smiled about my new outfit, but not my way of life.

Have you ever noticed how fat people seem to spend a lot of time watching television? In my case, it's where I did much of my eating and most of my gaining—going up to 160 pounds. Fact is, it saved me the worry of what I'd wear if I were going out. But it didn't save me the tears I shed when my husband, Bobby, made remarks about my weight. Like the time he and I and the children were watching a jungle show. "Hey, there's Mama," he said when a hippopotamus walked by. That hurt!

Other times Bobby would just nag at me to take off that "snacking" fat. He was plain sick of seeing me feeding on bags of potato chips, boxes of candies and pints of ice cream. Why, the arguments that scene caused would upset any family.

I was beginning to think nothing could make me control my weight, until the day I saw an Ayds ad in a magazine. It was the same day I'd been on a shopping trip and discovered that only size 18 slacks would fit. That's when I decided it was time to stop crying and start losing.

Fortunately, I learned from the ad that Ayds® Reducing Plan Candy contains vitamins and minerals, but no drugs. So I didn't hesitate to buy a box of the chocolate fudge kind at the drug store. Then I started on the Ayds plan the next day.

I took one or two Ayds with a hot drink before meals—and they really helped curb my appetite. For breakfast, I found I could pass up buttered biscuits and be happy with cereal and toast. For lunch, I was content with something like a hamburger. And at supper, I was satisfied with small portions of what the rest of the family ate, because I really wasn't hungry for more. Finally, for a late snack, I'd have a couple of Ayds to see me through the night.

You see, I wanted that Ayds plan to work more than I ever wanted anything in my life. And it did! In two weeks, my slacks began to feel looser. Actually, it took me nearly eight months to lose 48 pounds. And now that I'm 112, I've never felt better. I have more energy, and I'm having a pile more fun—swimming, bicycling and doing things all the time.

I've never had more flattery, either, particularly from friends in my home town, Savannah, Georgia. Sometimes those who haven't seen me in a long while will spread their hands in the air and say: "Just think, you once measured this wide."

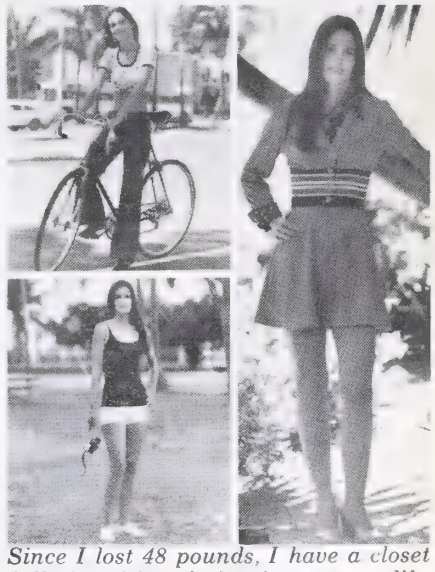
Why, thanks to the Ayds plan, Bobby is paying me so much attention, I feel like a bride again. And am I having fun buying a second trousseau—a whole new wardrobe of junior-size clothes—because we're going places and doing things now.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'6"	5'6"
Weight	160 lbs.	112 lbs.
Bust	38"	33"
Waist	31"	23"
Hips	40"	31½"
Dress	18	7



My husband says my figure is as good as a model's, now that I'm 112 pounds.



Since I lost 48 pounds, I have a closet full of exciting clothes for my new life.



GREAT BUDGET WINES FROM THE WEST

The big wine values these days come in big bottles from California: the half gallon and gallon sizes that will give you good wine you can afford to drink every day. For example, the Christian Brothers (they make some of the best wine in northern California) offer half gallons of red, white and rosé wine. (Right now, their Rhine wine is a skiers' favorite.) Other good buys: the gallon size offered by Almaden is a terrific wine value. And if you love rosé (the pale pink wine), Paul Masson gives you a choice of two (available in either half gallon or gallon sizes): vin rosé sec (say *"van roe zay seck"*), which is on the dry side, and vin rosé, which is slightly sweet.

Biggest news is that wine-makers—thanks to a bumper crop—are making inexpensive wines with some of their best grapes: the varietals. These are the classic, delicate grapes that were formerly reserved for only the most expensive wine. By law, varietals must contain at least 51 percent of the particular varietal grape they're made from; but in fact, they usually contain far more—often 75–90 percent. The name on the bottle is the name of the actual grape. In our $2-a-bottle category, we found a number of excellent wines.

- We were especially fond of Winemaster's Guild (a new label from the Guild Wineries) white varietals — Chenin Blanc (*shuh-nan blahnk*), French Columbard, Semillon (*say-mee-yone*), and delicate Green Hungarian.
- From Gallo come bargain varietals, and we particularly liked their dry, flowery Chenin Blanc, their French Columbard (another white wine), and their robust, red Barbera.
- Another fine label is Inglenook-Navalle, and their four varietal wines —Ruby Cabernet (*cab-er-náy*), Zinfandel (*just go ahead and say it*), French Columbard (*ditto*) and Chenin Blanc (*you already know this one*)—are all in the vicinity of our $2 budget.

To figure out what you're spending for wine, we offer the following equivalents: one fifth contains six good-sized glasses (but remember that you fill wine glasses only half full). One half gallon equals two and a half fifths. One gallon equals five fifths. You will generally save the price of one fifth by buying the gallon size.

All of these wines are also good for cooking, and their modest prices let you add a special touch.

Time Now To Make A Cool Buy In An Air Conditioner

Now may be the time to buy that second air-conditioner you tried getting along without last summer. This unexpected February bonanza is explained by the cool summer of '74, which left dealers with considerable overstocks to dispose of.

Up to 50 percent off

To get some idea of what values to expect, we talked to Jack Luskin, a Baltimore area dealer—figuring that everyone in that warm and slightly steamy climate is air-conditioned to the teeth every summer. Mr. Luskin sadly confirmed the fact that last summer was *bad* (translate as "cool") and that he would be featuring specials on air conditioners. "We sell floor samples or units that might have a scratch on the housing but one that wouldn't have any effect on the way the machine operates," he said, adding that customers might expect up to 50 percent off what they would normally pay for a unit.

Nationwide, a more conservative estimate of possible savings would be 20–30 percent off on these think-ahead pre-season sales.

How to know if you've got a bargain

After checking to make sure a unit fits your space and electrical qualifications, the critical cost factor these days (with electrical rates going up and up) is the efficiency of the unit you buy.

Efficiency is told in terms of EER, Energy Efficiency Rating—or how much power you will have to use to get the cooling you need. To give you some idea of what a good rating would be, we offer the following table, based on information from the Massachusetts Office of Consumer Affairs:

Unit (115 volts)	Good EER	Excellent EER
Under 6900 BTU's	7+	8+
Under 9900 BTU's	8+	9+
Under 14,000 BTU's	9+	10+

Pennies Can Save Dollars

- First, a gadget. It's the *Food Cost Saver*, a purse-sized, laminated card dial that will *quickly and easily* show you the cost per ounce of whatever you're buying. Quick unit pricing. Send a quarter and your name and address to: Ekco Food Cost Saver, 9234 W. Belmont Ave., Franklin Park, Ill. 61031.
- *Grapery* is a handsome booklet with ideas on what to do with grapes: salads, desserts, picnics, and one thing we've always wanted to know—what grapes go best with our own native cheeses—Monterey Jack, Cheddar, Swiss. Send 35¢ to: California Table Grape Commission, P.O. Box 5498, Dept. LHJ, Fresno, Cal. 93755.

CONTINUED

"There's no room in my schedule for a headache."



"So when a headache comes along, I take two Excedrin and keep on going.

Sure, I've tried regular aspirin. But for me, Excedrin does a better job.

I've heard about two medical studies on pain, at a major hospital and a university medical center, where the doctors also found Excedrin was superior to the regular aspirin tablet.

I can see why Excedrin is known as the extra-strength pain reliever."

Significantly more effective than the regular aspirin tablet in two medical studies.



"For me, Excedrin works better than regular aspirin."

© 1975 Bristol-Myers Co.

CONTINUED





FIFTY-DOLLAR WINNERS

A pizza without a crust? Inventive Ms. W. A. Thornburg of Long Beach, Miss., explains it like this: "One night my husband and I wanted a pizza for supper, but neither of us care for the crust." Here, then, is a truly pizza-esque creation using spaghetti.



PIZZA CASSEROLE

1 package (4 oz.) sliced pepperoni
1 medium onion, chopped fine
⅓ cup butter or margarine, melted
6 oz. thin spaghetti (#3) cooked for 10 minutes according to package directions, drained
1 cup (4 oz.) grated Swiss cheese
1 lb. mozzarella cheese, sliced thin
2 cans (8 oz. each) tomato sauce
1 can (4 oz.) mushroom stems and pieces, drained
½ teaspoon oregano
½ teaspoon basil

Boil pepperoni to remove excess fat for 5 minutes in water to cover; then drain well.

Sauté onion in 1⅓ tablespoons butter or margarine until golden brown.

Preheat oven to 350°. Pour remaining ¼ cup butter or margarine into an 11x7x2-in. baking dish. Toss cooked spaghetti in butter or margarine. Cover spaghetti with 1 can of tomato sauce. Add in order listed: one half of the grated Swiss cheese, one half of the pepperoni, one half of the mozzarella cheese, all of the mushrooms and onions, then sprinkle with oregano and basil. Top with remainder of Swiss cheese, pepperoni and finally the mozzarella cheese.

Bake for 20–25 minutes in a 350° oven or until bubbly. Serves 6.

She's a nutritionist by training, a "gourmet cook" by inclination and a bundle of health by admission: "I've never been sick a day in my life, and my husband who is 75 runs up the stairs three at a time," says Ms. June Kahane of New York City. Could this delicious vegetable and spinach noodle casserole have something to do with all tha' energy?



CARROT AND CHEESE NOODLE CASSEROLE

2 cups coarsely grated carrots
5 tablespoons butter or margarine melted
2 eggs
1 cup (4 oz.) grated sharp Cheddar cheese
¼ cup light cream or milk
2¼ cups thin spinach noodles, cooked according to package directions to yield 1½ cups cooked
½ teaspoon minced fresh sage or ¼ teaspoon dried thyme
¼ teaspoon salt
⅛ teaspoon pepper
Paprika

Sauté grated carrots lightly in 1 tablespoon butter or margarine in a small skillet.

Preheat oven to 400°. Beat together eggs, cheese, cream or milk, and 4 tablespoons butter or margarine. Add carrots, spinach noodles, sage or thyme, salt and pepper. Pour into a greased 1-quart baking dish; sprinkle with paprika.

Bake in a 400° oven for 20 minutes or until golden brown. Makes 3–4 servings.

Send us your favorite recipe that uses tuna fish. We'll pay $50 for two winners. Include some mention of origin; we reserve the right to alter recipes used; recipes become property of Downe Publishing, Inc. Entries must be postmarked by February 28, 1975.
Send: Recipe Exchange
Ladies' Home Journal
641 Lexington Ave.
New York, N.Y. 10022.

NEW PRODUCTS: USEFUL, PRETTY AND YUMMY

We opened our calendar at random to a week-long event we intend to observe with a vengeance: National New Idea Week (Feb. 9–16). To celebrate, we've selected SIX NEW THINGS that seem particularly useful, yummy, pretty, special, or different.

- *Useful.* Mirro's new idea in saucepans called Drain 'N Strain, a three-quart aluminum saucepan with a self-locking cover. When you're ready to drain cooked vegetables, a little flap on the cover tilts back to reveal a small, built-in strainer. (Good for pasta, too, but put the cover on *after* cooking.)
- *Pretty.* Reynolds' new Fanci-Foil, a flower-patterned foil wrap great for doing up a batch of heart-shaped butter cookies for Valentine's Day.
- *Yummy.* Nissen's Top Ramen Seasoned Oriental Noodles in four flavors. Add your own leftovers—strips of meat, a handful of peas, a few little cubes of onion. We combined Shrimp Top Ramen with another new offering from Alaska, Wakefield Alaska Crab Meat and Shrimp. It's a great easy skillet dinner.

Crab Meat & Shrimp Top Ramen

Cook 2 packages (3 oz. each) Chicken Flavored Top Ramen with 1 packet of soup base in 6 cups boiling water for 2–2½ minutes. Rinse in cold water and drain. Cut noodles into 3–4 in. lengths.

In a skillet combine remaining packet of soup base, 1 package (6 oz.) Wakefield Alaska Crab Meat and Shrimp, 2 tablespoons each dry sherry and vegetable oil, and 2 teaspoons cornstarch dissolved in ¼ cup cold water. Cook over high heat until mixture boils and thickens, stirring constantly. Add cooked noodles, mix well. Sprinkle with 1 tablespoon freeze-dried parsley. Serves 3–4.

- *Special.* The new freeze-dried seasonings that are as close to fresh herbs as you can get on the supermarket shelf. Look for Armanino Farms Chives and Shallots.
- *Different.* Aunt Jemima's Whole Wheat Pancake and Waffle Mix. If you love the flavor of whole wheat, you might enjoy trying out a box of this new product from the Aunt who made pancake mix famous. **End**

Say Aloha to the Rainiest Place on Earth.

Enter Rain Barrel's Rainwater Sweepstakes.

ecause Rain Barrel makes clothes rainwater soft, we'd like to visit the rainiest place on earth. It's Mount Waialeale in aii. If you win Rain Barrel's Rainwater Sweepstakes you can spend a week in sunny Hawaii. Or you can win one of 3000 other prizes.

d Prize:
00 Sets of
l Towels
eldcrest.



And if you haven't tried Rain Barrel yet, this is the perfect time to discover the fabric softener that's wash cycle easy, rainwater soft. Rain Barrel goes in at the start of the wash cycle. To make everything you wash e out feeling rainwater soft, smelling water fresh.

nter the Rainwater Sweepstakes. Dis- r the rainiest place on earth. And over Rain Barrel. The fabric softener s rainwater soft, wash cycle easy.

rand Prize: 10 trips to Hawaii.

you're one of ten lucky Grand Prize ners we'll fly two of you to Hawaii regularly scheduled commercial airline. You'll be met by a Hawaiian hostess and the traditional floral lei. Then it's on to your deluxe hotel at spectacular Waikiki beach.

d Prize:
200 Sets of
ic Sheets by
lcrest.



You'll spend a week visiting the beautiful Hawaiian Islands by plane, boat, and car. And you'll even get a free rental car

day.
wimming, surfing, sight-seeing.
ning for a week in beautiful Hawaii.
t's the Grand Prize in the Rain
el Sweepstakes.

000 Other Great Prizes.

ven if you don't win a trip to Hawaii, could win one of 3000 other great es. Like one of 100 sets BountiFloral towels designed by s Saint Laurent for Fieldcrest. l more. 3010 valuable prizes in all. ou have to do to win is enter n Barrel's Rainwater Sweepstakes.

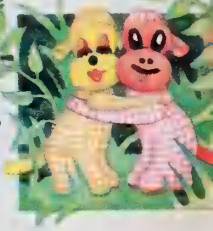


Here's how to win. On an entry form or on a 3"x5" piece of plain paper, print your name, address, zip code. Accompany each entry with a label from any size Rain Barrel Wash Cycle Fabric Softener, or print on a separate 3"x5" piece of plain paper the name "RAIN BARREL" in block letters. Mail entry to address below. NO PURCHASE NECESSARY. Enter often but mail each entry separately. Entries must be received by April 11, 1975. Odds of winning depend on number of entries received. 3,010 prizes worth $40,000 will be awarded. No substitutions or cash equivalents. Winners selected by random drawing. Judges' decisions are final. Limit one prize per family. Taxes are the winner's sole responsibility. Prizes are non-transferable. Trips must be taken before December 31, 1975. Sweepstakes open to U.S. residents 18 and over, including Florida residents. Void in Georgia, Idaho and Missouri, and wherever taxed, prohibited by law. Employees and families of S. C. Johnson & Son, Inc., its advertising and judging agencies, their subsidiaries or affiliates are ineligible. Proof of eligibility may be required.

4th Prize:
1000 Rain Forest Umbrellas.



5th Prize:
1700 Love 'UM Hug 'UM Stuffed Dolls.



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CHICAGO, ILLINOIS 60677

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ADDRESS

CITY STATE ZIP CODE

2750



Save 7¢

To the dealer: For each coupon you accept for any size Rain Barrel Wash Cycle Fabric Softener, we will pay you face value plus 3c handling charges provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Your customer must pay any sales tax. Cash value 1/20th of 1 cent. Offer good only in U.S.A. and expires February 28, 1976. Redeem by mailing to: S. C. Johnson & Son, Inc., P.O. Box 1130, Clinton, Iowa 52734

STORE COUPON 2750

4 S.C. Johnson and Son, Inc. Racine, Wisconsin 53403

Mix three teaspoons of Wyler's Instant Chicken Bouillon in one-fourth cup of melted butter or margarine. Brush on top before cooking.
ON CHICKEN

Add three teaspoons of Wyler's Instant Bouillon (or three Wyler's Bouillon cubes dissolved in one-fourth cup boiling water) during preparation for every two cups desired. Reduce salt to taste.
IN SAUCES OR GRAVY

Mix in three teaspoons of Wyler's Beef Flavored Instant Bouillon before cooking. No need for salt.
IN GROUND BEEF DISHES

Add two teaspoons of Wyler's Instant Bouillon (or two Wyler's Bouillon cubes dissolved in one-fourth cup of boiling water) for every four to six servings during preparation. Reduce salt to taste.
IN CASSEROLES OR STEW



"CINDERELLA"
continued

married Robert W. Krogstad. The marriage ended in divorce in February, 1974.] In many ways my life today is a quiet life, quite different from my life with Steven, but it is a busy one, too, and full of responsibilities since I am living without a husband.

Steven now teaches at a small college in New England. The children visit him often—as they and I often visit Grandmother Rockefeller—and now that our son is really growing up, I try to arrange for him to spend as much time as possible with his father.

One of my strongest wishes is to know that Steven is content in his private life—that, although he has yet to marry again, he does not feel crushed and lonely, as I often do. I certainly do not anticipate a perfect life any more. So maybe I have become more of a realist at last.

But I know I'll always be romantic in some ways. I have a recurrent daydream about the wedding of one of our children, and about how I will dance just once more with Steven. By that time, I am certain, another Mrs. Steven C. Rockefeller will be waiting to dance with her husband. But the music does not stop. Love is all around. Yes, I am still romantic, but I am not going to let my feelings take over. I hope that I have learned from my illusions.

This is how one love story ends. **End**

JANE GOODALL
continued from page 36

Before I left for Gombe, I had learned that Jane and Hugo recently had divorced. "But we still work together," Jane said, "we're even better friends now. We don't feel any bitterness. We had a jolly good time and we produced Grub. We achieved together more than we could have done separately."

We talked about her goals at Gombe. Since the chimpanzee is man's closest relative, an understanding of his behavior could enlighten us about the behavior of early man. This is significant in terms of human evolution and in terms of understanding man's behavior today. Since 1963, Jane, research assistants and students have maintained daily observations of chimpanzee behavior, with particular attention to infancy and child-raising techniques, aggression and adolescence. Information on the mother-infant bond is Jane's main objective. "If you get a number of people to understand how important it is to have that bond, then possibly we can iron out the problems people have with their children. It's a big concern. Especially if you have a child. But while people are busy correlating chimpanzee and human behavior, what everyone's forgotten is the chimps. My first reason for coming here was the chimps themselves, and fourteen years later we still don't know. We've just about got to the stage of knowing which questions to ask."

"I was born to do this"

She stared out at the water. "I often wonder what would happen if I had to leave Gombe. Oh, I'd survive, I suppose. Living here has given me the ability to do more than that. But it certainly wouldn't be pleasant. I have a strange sense of fate that I was born to do this. I often have that feeling."

Too soon my week at Gombe was up and I had to say good bye to Jane. I'd agreed to join some students who were going to hike over the Rift Mountains to Kigoma, and we left at six A.M. By ten we reached the peak. My lungs were screaming and my ears exploding, but I did it. The students were not even out of breath. We saw Gombe sleeping snugly far below. It is a tiny place, with a handful of people and a fair-haired founder who respects life in its fullest, more natural form.

On a global spectrum, Gombe isn't much, perhaps. It's a little place. Yet to me and to others who have known it, it is a great deal. As Jane says, "If you don't have faith that little things can help, you might as well give up. I don't think there's a day when I don't wake up and think how lucky I am—to have Grub, to be here, to have this place, these students, the animals. . . ." How lucky for us all. **End**


KOOL
Filter Longs
MILD MENTHOL
The longer you smoke, the more you'll like KOOL Longs.
Those extra puffs in long-size cigarettes can taste extra hot. But Kool Longs are refreshing for all their length. They're the only ones with the taste of extra coolness.
Lady be cool.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Mar. 74

You can take this round steak and make a good dinner for two.



Or a great dinner for six.

Pepper Steak with Rice is a good way for you to serve rice.
And an even better way to save money.

3 cups hot cooked rice
1 pound lean beef round steak, cut ½ inch thick
1 tablespoon paprika
2 tablespoons butter or margarine
2 cloves garlic, crushed
1½ cups beef broth
1 cup sliced green onions, including tops
2 green peppers, cut in strips
2 tablespoons cornstarch
¼ cup each water and soy sauce
2 large fresh tomatoes, cut in eighths

While rice is cooking, pound steak to ¼ inch thickness. Cut into ¼ inch wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients. Using a large skillet, brown meat in butter. Add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes more. Blend cornstarch, water, and soy sauce. Stir into meat mixture. Cook, stirring, until clear and thickened—about 2 minutes. Add tomatoes and stir gently. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
Rice Council of America, Box 22800, Houston, Texas 77027.

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RICE.
A great eating idea whose time has come.

TV VIOLENCE
continued from page 75

history of mankind, or the last." If one looks at crime statistics, we find that we are by far the most violent of all the great Western nations. Our homicide rate is about ten times greater than, say, the Scandinavian countries', or four times greater than Scotland's or Australia's. There are more murders per year on the island of Manhattan or in the city of Philadelphia than in the entire United Kingdom, with its nearly 60,000,000 people. Violent crime has been increasing at six to 10 times the rate of population growth in this country. And interestingly, if one analyzes the content of TV programs in England, we find that their rate of televised violence is half that of ours; in the Scandinavian countries it is much less even than that.

Thus one of the major social-cultural differences between the United States with its high homicide and violence rates and those countries with low violence rates is the amount of violence screened on public television.

"Monkey see, monkey do"

Much of the research that has led to the conclusion that TV and movie violence could cause aggressive behavior in some children has stemmed from work in the area of imitative learning or modeling which, reduced to its simplest expression might be termed, "monkey see, monkey do." Research by Stanford psychologist Albert Bandura has shown that even brief exposure to novel aggressive behavior *on a one-time basis* can be repeated in free play by as high as 88 percent of the young children seeing it on TV. Dr. Bandura also demonstrated that even a single viewing of a novel aggressive act could be recalled and produced by children six months later, without any intervening exposure. Earlier studies have estimated that the average child between the ages of five and 15 will witness, during this 10-year period, the violent destruction of more than 13,400 fellow humans. This means that through several hours of TV-watching, a child may see more violence than the average adult experiences in a lifetime. Killing is as common as taking a walk, a gun more natural than an umbrella. Children are thus taught to take pride in force and violence and to feel ashamed of ordinary sympathy.

According to the Nielsen Television Index, preschoolers watch television an average of 54 hours a week. During one year, children of school age spend more time in front of a TV set than they do in front of a teacher; in fact, they spend more time watching TV than any other type of waking activity in their lives.

So we might legitimately ask, What are the major lessons, values and attitudes that television teaches our chil-

dren? Content analyses of large numbers of programs broadcast during children's viewing hours suggest that the major message taught in TV entertainment is that violence is the way to get what you want.

Who are the "good guys"?

Another major theme that many TV studies have shown to occur repeatedly is that violence is acceptable if the victim "deserved" it. This, of course, is a very dangerous and insidious philosophy. It suggests that aggression, while reprehensible in criminals, is acceptable for the "good guys" who have right on their side. But, of course, nearly every person feels that he or she is "right." And often the "good guys" are criminals whom the film happens to depict sympathetically, as in *The Godfather*. Who is "good" and who is "bad" merely depends on whose side you're on.

Studies by McLeod and associates of boys and girls in junior and senior high school found that the more the youngster watched violent television fare, the more aggressive he or she was likely to be. Other studies revealed that the amount of television violence watched by children (especially boys) at age 9 influenced the degree to which they were aggressive 10 years later, at age 19.

The problem becomes increasingly serious because, even if your child is not exposed to a lot of media violence, the youngster still could become the *victim or target* of aggression by a child who is stimulated by the violence that he or she sees on TV.

And criminals are too frequently shown on TV as daring heroes. In the eyes of many young viewers, these criminals possess all that's worth having in life—fast cars, beautiful, admiring women, super-potent guns, modish clothes, etc. In the end they die like heroes—almost as martyrs—but then only to appease the "old folks" who insist on "crime-does-not-pay" endings.

The argument that you can't get high ratings for your show unless it is hyped up with violence is, of course, not true—as 20 years of *I Love Lucy* and, more recently, *All in the Family, Sanford & Son, The Waltons* and scores of other shows have demonstrated. Action shows featuring themes of human conflict frequently have appeal, yet even they needn't pander to the antisocial side of man's nature or legitimatize evil.

The hard scientific evidence clearly demonstrates that watching television violence, sometimes for only a few hours, and in some studies even for a few minutes, can and often does instigate aggressive behavior that would not otherwise occur. If only 1 percent of the possibly 40,000,000 people who saw *The Godfather* on TV were stimulated to commit an aggressive act, this

(continued on page 123)





"Hotpoint packed a 'free Tide' coupon in my new washer. But that's not why I use Tide.

Richard is. With my children, I see a lot of dirt. But Richard's the youngest, and he gets the dirtiest – like the time he and his friends had a mud ball fight in our backyard. Richard just grinds the dirt into his clothes. But Tide gets it out. I wouldn't use anything else."

Mrs. Carol Salzillo, East Providence, R.I.

This Hotpoint 18-pound capacity washer features a handwash agitator as well as special cycles, speeds, and water level settings for all fabrics. There is also an automatic soak cycle and an automatic second rinse option. (Model WLW 5880)

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pack Tide coupons in every top-loading automatic.



Do you worry about TV brutality and what it's doing to children? This psychologist says that it's harming them—and suggests what parents can and should do about it.

By Victor B. Cline, Ph.D.

ITEM: Shortly after a Boston TV station showed a movie depicting a group of youths dousing a derelict with gasoline and setting him afire for "kicks," a woman was burned to death in that city—turned into a human torch under almost identical circumstances.

ITEM: Several months ago, NBC-TV presented in early-evening, prime viewing time a made-for-TV film, *Born Innocent,* which showed in explicit fashion the sexual violation of a young girl with a broom handle wielded by female inmates in a juvenile detention home. Later a California mother sued NBC and San Francisco TV station KRON for $11,000,000, charging that this show had inspired three girls, ages 10 to 15, to commit a similar attack on her 9-year-old daughter and an 8-year-old friend three days after the film was aired.

ITEM: A 14-year-old boy, after watching rock star Alice Cooper engage in a mock hanging on TV, attempted to reproduce the stunt and killed himself in the process.

ITEM: Another boy laced the family dinner with ground glass after seeing it done on a television crime show.

ITEM: A British youngster died while imitating his TV hero, Batman. The boy was hanged while leaping from a cabinet in a garden shed. His neck became caught in a nylon loop hanging from the roof. His father blamed the TV show for his death—and for encouraging children to attempt the impossible.

These are just a sampling of many well-documented instances of how TV violence can cause antisocial behavior—instances that are proving that TV violence is hazardous to your child's health.

TV broadcasters can no longer plead that they are unaware of the potential adverse effects of such programs as *Born Innocent.* During the last decade, two national violence commissions and an overwhelming number of scientific studies have continually come to one conclusion: televised and filmed violence can powerfully teach, suggest—even legitimatize—extreme antisocial behavior, and can in some viewers trigger specific aggressive or violent behavior. The research of many behavioral scientists has shown that a definite cause-effect relationship exists between violence on TV and violent behavior in real life.

When U.S. Surgeon General Jesse Steinfeld appeared before the U.S. Senate subcommittee reviewing two years of scientific research on the issue, he bluntly concluded, "The overwhelming consensus and the unanimous Scientific Advisory Committee's report indicate that televised violence, indeed, does have an adverse effect on certain members of our society. . . . It is clear to me that the causal relationship between televised violence and antisocial behavior is sufficient to warrant appropriate and immediate remedial action. . . . There comes a time when the data are sufficient to justify action. That time has come."

The Federal Communications Commission was ordered by Congress to come up with a report by Dec. 31, 1974, on how children can be protected from televised violence (and sex). Hopefully, some concrete proposals will develop.

The television moguls have repeatedly paraded before various Congressional subcommittees over the last ten years, solemnly promising to reduce the overall amount of violence programmed, especially in time slots that had large numbers of child viewers. However, if we look at the data compiled throughout the 1960's and early 1970's, we find very little change in the average number of violent episodes per program broadcast by all three networks. In one study, the staff of U.S. Congressman John M. Murphy of New York found NBC leading the pack with violent sequences in 71 percent of its prime-time shows, followed by ABC with 67 percent and CBS with 57 percent.

With more and more mega-violent films coming to TV from the commercial theater market, as well as the increasing violence injected into made-for-TV movies, we find that the promise of television has been shamelessly ignored. In too many TV films, we see a glorification of violence that makes heroes of killers. The primary motivation for all of this is money and the fierce scramble for ratings. Thus the television industry's "repentance" for past wrongs, occurring after major national tragedies such as the assassination of the Kennedy brothers and Martin Luther King, Jr., with the transient public outrage and demand for change, has been all ritual with little substance.

We are a great free society with the power to shape our destiny and create almost any social-cultural environment we wish, but as the late President John F. Kennedy put it, "We have the power to make this the best generation in the

(continued on page 72)

Photograph by Jerry Abramowitz



THE SEASONS

BY GLORIA GOLDREICH

City girl into country girl . . . could she and her marriage survive the change?

It seemed to Marion that her days, since they had moved into the new house, followed the rhythms of the sea. In the morning her husband's first stirrings and soft murmurs were like waves viewed from a distance and she stretched and turned with the delaying languor of a sunbather not yet ready for the plunge. And then, like the rush of an incoming tide, she was up and plunging about, immersed in the rushing onset of the day's activities. The children had to be dressed and given breakfast. Lunches were packed while eggs and cereal cooked. Notebooks were discovered beneath sofa cushions and lost scarves rescued from the



depths of closets. Donald's attaché case disappeared and was found again. The radio blared forth with traffic predictions and weather reports and the phone jangled with car-pool arrangements and rearrangements. Then, with a final surge, they were at the door and out and the house echoed with the heavy silence that settles over the beach when the last tidal wave ebbs away.

Marion wandered the house then with the lost aimlessness of a swimmer alone on the shore, having somehow missed the flurry of activity that preceded the departure of others. They had lived only a few weeks in the house and although their furniture was in place, their paintings on the walls, their books in the cases, she did not yet feel at home but peered into each *(continued on page 126)*

Illustration by Norman Green

THE SIAMESE TWINS: POIGNANT STORY OF A MEDICAL MIRACLE

How would you feel if your newborn daughters were doomed to spend their lives welded together at the pelvis and abdomen? Here, for the first time, is the story of Farida Rodriguez, the mother who faced that horror; of Clara and Alta, who became separate human beings a year after their birth; and of the amazing modern surgery that gave them hope for a normal life. By Gail Cameron



Photographs by Arthur Schatz

Their fame is now worldwide. Pictures of little Clara and Altagracia Rodriguez, the delightfully beguiling-looking Siamese twins from a remote village called The Pumpkins in the Dominican Republic, have appeared on front pages from Nairobi to Nebraska. Details of the celebrated and historic operation performed at Philadelphia's Children's Hospital, surgery which separated them into two independent individuals, have flashed across television screens in every corner of the globe.





But on that hot and steamy August day in 1973 when the children were born in a simple, fifty-bed hospital in San José de Ocoa—about an hour's bus ride from the Rodriguez home in the hills—their mother Farida had never heard (continued on page 106)

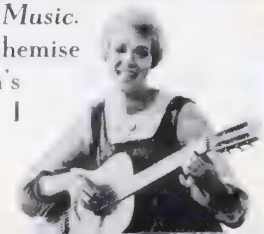


Top right: the birth photo that convinced Dr. Koop he could operate successfully. Center and right: the twins with Mrs. Rodriguez after their release from hospital.





Top: It's the most ethereal dance dress seen since GINGER ROGERS glided across the screen with Fred Astaire. The capelet and flounces add to the grace of flower-toned chiffon. Rizkallah for Malcolm Starr. Right: A look as fresh as JULIE ANDREWS in *Sound of Music*. The flower-strewn sashed chemise is by Albert Nipon. Just as fresh: the children's crisp pinafores. L. to R.: J. C. Penney, When I Grow Up and Polly Flinders.





FASHION: THE 1975 STAR QUALITY

Big-time glamour is back. Maybe the Late Show has sharpened our fashion hunger; maybe it's a reaction to the spare, understated classics of recent seasons. But here it is: drama, femininity and fun, all ready to buy now, and all wonderfully wearable. By Trudy Owett, Fashion Editor.









Top: This is the pantsuit with a sexy, DIETRICH-style nonchalance. It is superbly man-tailored, but not mannish. The fit is narrow and refined, the pants are pleated but not too full. The suit is worn with a pretty, soft tie blouse and feminine strappy sandals. By Leo Narducci for Company V. Left: The raincoat with its GARBO mystique is not your old classic. It takes on new glamour with its swinging tent shape (belted here) and big stand-up collar. High boots and a brimmed hat complete the look. Coat by Richard Assatly for Aquanala.

Photographs by Neal Barr.
Hairstyles and makeup by Leonardo de Vega. Accessory and fashion information on page 104.

WOMAN TALK

BY LOIS WYSE

A best-selling writer provides a self-dialogue to help all women whose hearts are slightly worse for wear



So here we are
In time for Valentines again
And how is your red heart, my dear?
I think that mine is slightly worse for
wear—
But maybe better, too.
I just don't know anymore.

When I was little
The labels didn't change so fast.
I mean the things I thought
were good at ten
Were still good at fourteen.

But now the good on the
six o'clock news
Sours by eleven,
And the evil of the morning
Is the accepted way of life by nightfall.

The old labels don't work,
And I can't read the new ones
Without my glasses.

I am at a no-season time of life
Where age is an attitude,
Looks are a passport
And feelings come in pills or bottles.

Does it have to be this way?
Do we really have to accept
The mediocrity around us?
I'm sick of excusing bad manners,
bad intentions,
and every kind of evil
With a bland "But everybody does it."

It just isn't true.
"Everybody" isn't everybody.
I still want to be me.

I don't want to accept
second-class values
From third-rate moralists.

Somewhere out of the confusion
of the life that was
And the life that is



I want to pick up the pieces
and build a suitable me.

But how?

The old rules were lost on the way
to the 21st century
And I can't seem to find any new ones
that I like.

Maybe that's good.
Maybe it means I can break the rules
That keep us in unnatural prisons
Playing unsatisfactory roles.
Isn't it time for me
To change the world
And make it right for others—
including me?

But what is right for me?
How do I rework the world?
I cannot even get the members
of my family
To dry dishes on occasion
So how am I to change the world?
I guess I can do it
By beginning small.
With me.
For if I achieve tranquillity
And communicate
that inner peace
Perhaps I then can be
A force for still a greater peace.



Now how do I achieve tranquillity?
I think I must begin with positives.
Positives. What's a positive?
A yes thing. A nice thing.
A good thing.

Ah, that's it. Good is a positive.

Begin with good.

Of course. That's it.

Rule #1: Begin with good.

Good.
That is the key word.
Good.
I want to find the good.
Such a hard year this has been.
But in the sadness still
there was good.
I saw it. I touched it.
I must remember that good,
For in my careful world of
weights and balances
I can easily feel sorry for myself
And let sadness weigh too heavily
in my life.
And when I do
I tend to overlook
The power of good.
Yet how can I be sure
to remember
Each small goodness of our life?

I take paper and pencil.
This is the way to do it.
Think good.
Say good.
Write good.

Lists. Lists.
List those goods that still exist
because they once existed.

Goods.
My worldly goods.
My unworldly goods. These are the
best goods of all:
The long, warm talk with my
good friend from Philadelphia.
The wine and sunshine
of a week-end.
Eyes that touch and hands
that don't.

Later. Much later.
I reread the list.
It still works.
The good that women write lives on.

Remembered.
It is remembered good.
But does remembered good give me
the confidence to face what I am?
Does it make me brave enough
to be me?
Forget the lipsticks
and the vitamins.
Can I be just dumb old me?
Now. Here. For another
Valentine time.

Whee. It's love time.

Or is it?



Rule #2: Nobody has to love
somebody just because the
calendar says so.

The suicide rate climbs at
every holiday
Because in this greeting-card,
soap-opera value system
There is a law that says
This is the time when love
must bloom.
Aloneness becomes a punishable
crime.
But why should I believe that
Valentine time is the only day
for love?
And why should I assume that family
love blossoms only on Thanksgiving,
Christmas and somebody's
birthday?

Why can't I
Forget the commercialized protocol
of our times?

Forget the Valentine greetings
I extend with all the emotion of
"fill it up."
Forget the duty dinners
Forget the presents I don't want
to give
And the people who don't
want to get.
So long to syndicated sentiments.
I will be my own woman.
I will say my own words
Whenever I want
To people I care about.



I will write letters,
Letters that remind us both
of all that links us.

Letters?
Write to each person?
Isn't that too ambitious
for my schedule?
Probably.
But ambitious is what I am.
Ambitions are my fantasies.
Besides I know ambition is not wrong.
Only small ambitions are wrong.
For small ambitions
do not please me.

Rule #3: Please yourself.

In the do-good guise
of serving others
We delay decisions,
Postpone judgments,
And say we're letting things
take care of themselves.
Why do we delude ourselves this way?
It isn't others whom we please
With these false actions.
It is our image of ourselves
We reinforce
And so perversely please ourselves.
Instead, why don't we honestly
Satisfy our inner selves
And act openly to
Please ourselves?

I have thought a lot about
Pleasing me.
The ways the times, the conflicts.



Then at a dinner party
the other evening
I was seated next to a surgeon.
We dissected wines and politics
And finally we got around to women.
I know about the man/woman thing,
he said.
Everybody does, Doctor.
But I really know.
I had to get married twice to find out.
The first time
I was married to a woman
Who said she would have
loved me more
If my politics were different.
Now I am married to a woman
Who doesn't even know my politics.
She just gets pleasure out of me.
She loves loving me.
Isn't that simple?
Sometimes I reach out and touch her
Just because it makes me feel good.
A good marriage is simply
feeling good.
It is pleasing yourself.
It really doesn't have a thing
to do with
Politics or religion or
who does the dishes.
My first wife?
Well, she married a man
who's so conservative
He makes me look as red
as Chairman Mao.
But you know something?
I don't think my first wife even cares.
You see, it wasn't my politics
she didn't love.
It was me.
And when you get to the point in life



When you know you're not right
for someone
(Not just that someone
isn't right for you)
Well, then you've really grown up
And you are on the way to
pleasing yourself.
I hear you, Doctor.
But I can't look up just now.
I am rule playing.
I am reconstructing me.
After a time of little peace
I am getting well.
I am making a brand-new kind of
Woman talk.

What is my new woman talk?
Surely not the marshmallow words
Or lemon meringue thoughts
Of a furbelowed, ruffled female past

My woman talk is
That self-dialogue that
lets a strong self emerge
Day after day.
A strong self I do not smother
in sentiment
And confine to Feb. 14.
It is the articulation of what I feel
That affirms my faith in faith.



For me woman talk is
That individual awareness of good
That multiplies itself
the moment it is found
the hour it is recognized
the day it is acknowledged
the week it is remembered.

It is the awakening of my soul.

And if one soul awakens,
Is not the whole world strengthened?

Illustrations by Whistl'n Dixie

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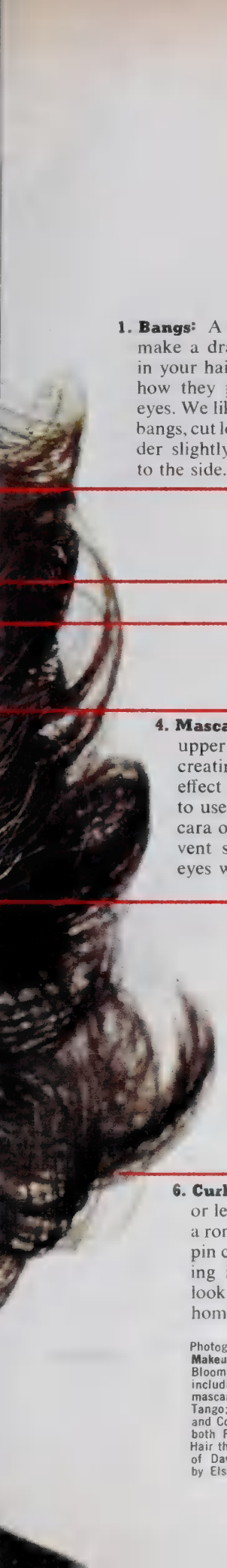


Jennifer Bergin before (left) and after (above)--six quick steps later.

WOW!

Six Ways To Make People Wonder Why You Look So Great

While everyone else is suffering from mid-winter blues you suddenly show up looking terrific. And without major surgery. Just a series of subtle changes that make your face light up. Here are 11 easy ways to make it happen. By Maureen Lynch, Health and Beauty Editor.



1. Bangs: A quick way to make a dramatic change in your hair style. Watch how they point up your eyes. We like soft-looking bangs, cut long, curled under slightly and brushed to the side.

2. Brows: Be brave and *really* pluck. Weed out all the strands that don't follow the natural line of your brow. Pluck underneath and between the brows. A thin clean brow is a real eye-opener. Best done after a shower.

3. Shadow: Set your eyes in a brand new frame. Try a darker shadow under brow bone, say forest green, charcoal blue or a smoky plum color. Powders work best unless eyes are very deep-set; creams are better in that case. The goal is to impart a deep, dark, mysterious quality to your eyes.

4. Mascara: Use it on your upper *and* lower lashes, creating a pretty, fringed effect for the eye. Be sure to use a waterproof mascara on the lashes to prevent smearing when the eyes water.

5. Ears: Make a pretty new focal point on the face by having ears pierced. Your doctor or certain jewelers can do the piercing (it's virtually painless; just be sure to keep ear clean until healed). An added benefit: no more lost earrings.

6. Curl: If your hair is more or less straight, curl it for a romantic new twist. Use pin curls, rollers or a curling iron. If you like the look, make it last with a home permanent.

Photographs by Richard Noble. **Makeup Notes:** Eyes: Maybelline Blooming Colors Traveler kit, Plum, including three shades of eyeshadow, mascara and liner. Lip color, Mango Tango; Cheek color, Copper Creme and Copper Lights Blush Creme Duo; both Fresh ■ Lovely by Maybelline. Hair these four pages styled by Philip of Davian. Gold tear-drop earrings by Elsa Peretti of Tiffany.

WOW! Five More Ways

7. The Part: Move it for one of the best quick-change acts of all. If you've been center-parting for years, try a side part. Or no part at all. Or try a diagonal one that starts mid-crown and runs on a bias to one side. Whatever part you choose, make a clean sweep of it: Comb all hair forward over face, tilt comb slightly up on end and draw your part. Comb hair back into place.

8. Glasses: Get a great big pair with light frames and tinted lenses that are graded from dark to light, half showing, half hiding your eyes. Save for special occasions, like a grand entrance. Buy with or without prescription, according to your visual needs.

9. Nails: Make a bold statement. Try a new toasty color or a red that really means it. The darker colors show up any careless mistakes, so apply with care: Brush one big center stroke from cuticle to tip. Then fill in with one stroke on either side. If your nails are in bad shape, pick up a set of fake ones at the dime store.

10. Face Color: Let your blusher run from cheek to cheek, *including* your nose. Sound strange? Not really, if you realize that this is exactly how the sun colors your face. Try it. Your friends will think you've spent a long weekend in the Caribbean.



Katie Easton understated (left) and after glasses, etc. (above).



11. Lips: Darken them. Natural may be beautiful, too, but by February it can look just plain dull. If you're wearing eye makeup, you'll need a strong lip color to balance your face. And who knows? If people notice your lips they may listen more closely to what you're saying.

Makeup Notes: Germaine Monteil Regime Uni-Color Blush, Tabasco Nail Color I and Ginger Red Super-Moist Lipstick. Tinted glasses from the Lens and Eye, New York.



LHJ CRAFTS COLLECTION

APPLIQUÉS: A QUICK, NEW WAY

Anyone who can handle a pair of scissors and do a simple straight stitch can make custom-appliquéd placemats and towels like the ones we show here. The technique involved couldn't be easier. The mats and towels are ready-made (you probably already have some that would be suitable for this craft), and the appliqués are cut from printed fabrics (remnants, perhaps). Here's how to proceed:

• Pick out the item(s) you want to custom-appliqué. Choose those with solid backgrounds only, since the appliqué itself is a print. • Next find a print fabric you like (check local yard goods departments or in your own collection of remnants). The fabric should be washable if you're planning to appliqué an item destined for the laundry. • Cut the motif from the fabric, leaving a margin of about one-eighth of an inch all around to allow space for embroidering. • Baste into position on mat or towel (there's no need to turn under the edges). • Using a double thickness of cotton embroidery thread in a color (or colors) coordinated with your print, do a simple straight stitch around the edges of the appliqué as we have in our designs. Do some of the stitches longer than others for a charming, informal look (much easier, too, than the traditional satin stitch). Just be sure to keep stitches as straight as possible and close together. By the way, there's no reason to stop with towels and placemats. Try the technique on anything from tablecloths to napkins, bed sheets, blankets, chair seats and even draperies. By Nathan Mandelbaum, Director of Interior Design.





Begin with a plain placemat, add your own appliqué. We've used different flower prints, all taken from the same piece of fabric. Different colored embroidery thread, appropriate to each print, gives further personality to each mat. Closeup, below; finished mats at left.

Photographs by Charles Gold



1

It all happens in one big beautiful pot. It's dinner for six that you can prepare the night before—or even weeks before if you stash it in the freezer—designed especially for the woman who has everything but extra time and money on her hands. Each of our one-pot dinners will feed six for less than 85¢ a serving. They are elegant enough for guests and hearty enough to satisfy a hungry family. Add to them, if you like, a light green salad and follow with one of our super dollar desserts on the next page. Our eight great casseroles include a Pot Roast and Vegetables subtly seasoned with herbs, Meat Balls Bourguignonne with croutons, and Hunter's Chicken with peas and potatoes in a delicate white wine and tomato sauce. Recipes on page 96.
By Arlene Wanderman, Food Editor.

Photograph by Michael O'Neill

THE MEAL THAT DOES EVERYTHING: ONE-POT DINNERS YOU CAN MAKE AHEAD TO SERVE SIX FOR UNDER $5



1 *Pork and Sauerkraut Casserole*

2 *Braised Herb Pot Roast and Vegetables*

3 *Meat Balls Bourguignonne*

4 *Black and White Bean Pot*

THE GREAT DOLLAR DESSERT

Your piggy bank is approaching a state of total collapse and you haven't got around to planning the dessert. Here are five gorgeous sweet things meant to calm inflation fears. They are all easy-to-make desserts that look as if you've invested a lot more money (and time) in them than you actually have. Each costs approximately a dollar* and serves six. Among them is a light, gelatin-based blancmange, a yeast cake with a currant-cardamom glaze, a frozen pudding flavored with anisette, peach tartlettes with a creamy filling, and deep-fried pineapple fritters. These and other low-cost, low-sugar dessert recipes are on page 102.

*Based on prices as we went to press.

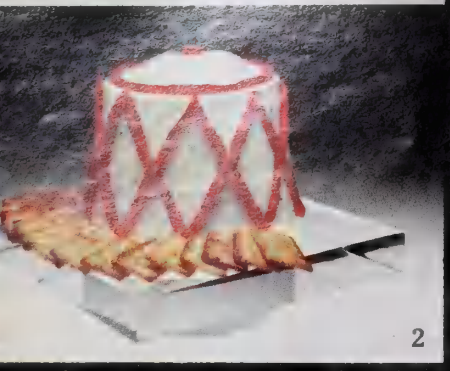
Photograph by Michael O'Neill



Clockwise, from near left:
Almond Blancmange
Frozen Cream Pudding
Pineapple Fritters
Peach Tartlettes
Currant-Glazed Crown



1. Gourmet Mayonnaise
2. Three-Cheese Mold
3. Apricot Fantasia with Chocolate
4. Almond Cheesecake







THINGS YOU CAN'T COOK WITHOUT THE MIXER

It's a minor appliance with major—and often unsung—virtues. The portable electric hand mixer is one of the most versatile and easiest-to-use devices in our gadget-oriented American kitchens. It takes the toil out of preparing everything from sauces to soufflés to mashed potatoes. The first thing we suggest you do is rummage through your utility drawer and dig out your mixer. Next, find a new and handier place to keep it. Then check out our recipes on the next page, where you'll find directions for such mixer-made creations as *The Gourmet Mayonnaises *Three-Cheese Mold *Apricot Fantasia with Chocolate *Almond Cheesecake. You'll also find a series of often-asked consumer questions and answers to help you make more efficient use of your mixer. Can you, for example, use a mixer for more than three minutes without straining the motor? (Yes, if you're not mixing cement.) Can you immerse it in water? (The motor, no; the beaters, yes.) More on the next page.

Photographs by Charles Gold

TEN QUESTIONS MOST OFTEN ASKED ABOUT PORTABLE MIXERS

Q: How much does it cost to operate a mixer?

A: Average figure (nationwide) is 2.7¢ a *year.*

Q: Is it worth the extra money to buy one with more than three speeds?

A: *No,* if you mostly whip light mixtures like eggs and cream. *Yes,* if you frequently whip heavy mixtures like potatoes. The thing to look for in this case is a *governor-controlled motor,* which keeps a constant speed under heavy mixing loads.

Q: What about thick mixtures? Won't the motor overheat if I run it more than a minute at a time?

A: Beating a heavy mixture—or a double batch, say, of batter—puts an extra strain on the motor and eventually shortens its life. Don't beat up more than a quart of potatoes at a time and don't double recipes and try to beat up a large volume of batter all at once. But you don't have to keep switching the motor on and off.

Q: Do I need a special set of bowls to use with my portable mixer?

A: No. Just be sure that you tailor the bowl size to the volume of what you're mixing.

Q: Are glass, stainless steel or plastic bowls best?

A: For the most part, your mixing bowls can be made of any material. Exceptions: Don't mix egg whites in plastic or aluminum; they won't reach their full volume. Don't mix whipped cream in plastic; it may cause a film to form.

Q: Is it possible to mix over boiling water at the stove?

A: Yes, if you're super-careful about the cord. The hazard here would be a trailing cord coming into contact with the heating element or with an open flame.

Q: Are there any other dangers I should be aware of beyond getting a fork caught in the beaters?

A: Read your use and care booklet thoroughly to make sure you're operating your mixture correctly. Things to watch out for: Don't immerse it in water; always unplug it before cleaning; keep long hair and loose clothing away from beaters; attach the cord to the *appliance first,* then to the outlet; *don't* use it outdoors; *don't* try to mix paints or other non-food substances.

Q: Is there any cleaning I have to do beyond washing the beaters?

A: Make sure you wipe the area where the beaters are inserted. Food remaining around the beater sockets may eventually clog the motor.

Q: What should I look for when I buy a new mixer?

A: Pick up and hold a few different models to see that the handgrip and balance of the appliance are comfortable. Longer beaters reach more easily into deep bowls. For storage convenience you might want a model with clips on the sides to hold the beaters or a detachable cord or a slot for hanging on the wall.

Q: What about repairs?

A: First, check your warranty to see what the manufacturer will do. If you want your mixer repaired locally, look in the Yellow Pages under Electric Appliances—Small—Repairing. Some repair shops will be authorized by particular manufacturers to fix their equipment. Ask for an estimate, and if the quote seems too high, a call or letter to the manufacturer might help to straighten things out.

THE GOURMET MAYONNAISES

3 egg yolks, room temperature
2 tablespoons red wine vinegar
1 teaspoon salt
½ teaspoon prepared mustard
¼ teaspoon white pepper
1½ cups olive or vegetable oil or a combination of half olive and half vegetable oil
1 teaspoon lemon juice (optional)

Place egg yolks, vinegar, salt, mustard and pepper in a 1-quart mixing bowl. Combine well with an electric hand mixer at medium speed until eggs are lemon colored and thick.

With electric mixer on medium speed, add the oil drop by drop until mixture appears smooth (this usually takes about ¼ cup oil). Add remaining oil in a slow stream. Stir in lemon juice.

Mayonnaise will curdle if oil is added too rapidly. If this should happen, beat an egg yolk with ⅛ teaspoon prepared mustard. Then gradually add the curdled mix to the yolk, beating until a stable emulsion is formed. Makes 2 cups.

Variations:

Mayonnaise Bearnaise: Add 1½ teaspoons crumbled tarragon and 2 tablespoons finely chopped shallots to 2 cups mayonnaise. Mix well.

Curry Mayonnaise: Cook 1 tablespoon curry powder with 2 teaspoons butter or margarine; cool completely, and then add to 2 cups mayonnaise. Mix well.

Paprika-Mustard Mayonnaise: Add 1 tablespoon tomato paste, 1 tablespoon prepared mustard and 1½ teaspoons paprika to 2 cups mayonnaise. Mix well.

THREE-CHEESE MOLD

1 envelope unflavored gelatin
1 cup milk
1½ cups (6 oz.) shredded Cheddar cheese
1 cup (4 oz.) crumbled blue cheese
1 package (8 oz.) cream cheese, softened
1 package (3 oz.) cream cheese, softened
⅓ cup chopped pimiento
1 teaspoon freeze-dried chopped chives
½ teaspoon Worcestershire sauce
Whole pimientos (optional)

Sprinkle gelatin onto ½ cup milk and allow to soften. Heat remaining milk, add gelatin and stir. Cool.

Combine cheeses, pimiento, chives and Worcestershire sauce with an electric hand mixer on medium speed.

Pour cheese mixture into a 3½-cup mold. Chill in the refrigerator 3–4 hours or until set. Unmold onto serving plate. Decorate with pimiento strips and green leaves if desired. Serve with crackers. Makes 3½ cups.

(continued)



Portable hand mixers, all with several speeds. Clockwise from lower left: Farberware, Toastmaster, Hamilton Beach, General Electric, Sunbeam, Waring, and Oster.

THE MIXER
continued

APRICOT FANTASIA WITH CHOCOLATE

Chocolate sauce:
4 squares (1 oz. each) semisweet chocolate
¼ cup water
2 tablespoons sugar
2 tablespoons butter or margarine
Apricot whip
1 envelope unflavored gelatin
1 can (17 oz.) apricot halves
¾ cup sugar
1 tablespoon apricot brandy (optional)
1 cup heavy cream, whipped
Chocolate curls (optional)
Mint sprigs (optional)

To prepare chocolate sauce: Combine chocolate, water, sugar and butter or margarine in a small saucepan over low heat. Stir constantly until chocolate is melted. Cool.

To prepare apricot whip: Sprinkle gelatin onto syrup drained from apricots and allow to soften. Dissolve gelatin over low heat, stirring constantly. Cool.

Place drained apricots in a bowl and mix with an electric hand mixer at medium speed until apricots are mashed. Add sugar, brandy and dissolved gelatin.

Chill apricot mixture until it reaches the consistency of unbeaten egg whites. Fold in whipped cream.

Using a small pastry brush, decorate the inside of the glasses with chocolate. Chill. Spoon apricot whip into dessert glasses, alternating layers with chocolate sauce. Garnish with chocolate curls and mint if desired. Serves 6.

ALMOND CHEESECAKE

Cheesecake:
2 packages (8 oz. each) cream cheese, softened
¾ cup sugar
Dash salt
3 eggs
½ teaspoon almond extract
Topping:
1 cup sour cream
5 tablespoons sugar
½ teaspoon vanilla
¼ teaspoon grated lemon rind
Dash salt
Toasted chopped almonds (optional)

To prepare cheesecake: Preheat oven to 350°. Beat together cream cheese, sugar and salt with mixer at medium/high speed until fluffy. Add eggs, one at a time, beating after each addition. Add almond extract.

Pour mixture into an ungreased 7-in. springform pan or a 9-in. pie plate. Bake the 7-in. springform pan at 350° for 40–50 minutes or the 9-in. pie plate for 25 minutes. Remove to cooling rack and allow to cool for 20 minutes.

Topping: Combine sour cream, sugar, vanilla, lemon rind and salt with mixer on low speed.

Spread topping over cheesecake. Bake the 7-in. cheesecake in a 350° oven for 10 minutes or the 9-in. cheesecake for 15 minutes. Cool. Garnish with toasted almonds. Serves 8.

$5 ONE-POT MEALS
continued from page 91

PORK AND SAUERKRAUT CASSEROLE
(pictured on page 70)

Added bonus to this recipe is the great aroma it gives out while cooking.

¼ lb. bacon ends
4 knockwurst
2½ lb. smoked pork shoulder picnic
1 small onion, chopped
2 lb. sauerkraut
1 cup white wine
2 teaspoons salt
2 teaspoons sugar
1 teaspoon caraway seeds
½ teaspoon thyme
¼ teaspoon pepper
2 lb. potatoes, peeled and quartered

Preheat oven to 375°. In a large casserole or Dutch oven, sauté bacon ends. Add knockwurst; brown on all sides and remove. Brown pork shoulder and remove from casserole. Sauté onion until transparent. Add sauerkraut, white wine, salt, sugar, caraway seeds, thyme and pepper. Add pork shoulder. Cover.

Bake casserole in a 375° oven for 1 hour. Add potatoes after casserole has been in for 30 minutes. Add knockwurst during last 10 minutes. Serves 6.

Serve cold beer if you wish.

BRAISED HERB POT ROAST AND VEGETABLES
(pictured on page 90)

The thing that sets this pot roast apart from the crowd is the tangy sauce.

2 tablespoons vegetable oil
2½ lb. beef shoulder pot roast, boneless
1 tablespoon butter or margarine
6–12 small onions
1 bay leaf
1 clove garlic, minced
1 sprig parsley
¾ teaspoon salt
½ teaspoon thyme
½ teaspoon pepper
¼ teaspoon crushed red pepper
1 can (8 oz.) tomato sauce
1 cup water
2 lb. potatoes, peeled and cut in 3-in. pieces
½ lb. carrots, cut in 1-in. wedges
2 teaspoons cornstarch, dissolved in 2 teaspoons water
2 tablespoons chopped parsley

Heat oil in a large casserole or Dutch oven. Brown pot roast on all sides. Transfer meat to a platter. Pour off fat remaining in casserole. Melt butter or margarine in casserole. Sauté onions until golden brown. Return meat to casserole. Add bay leaf, garlic, parsley sprig, salt, thyme, pepper and red pepper. Pour over tomato sauce and water. Cover and simmer for 45 minutes. Add potatoes and simmer 15 minutes longer. Add carrots and simmer 30 minutes.

Arrange all on a platter. Sprinkle with parsley. Keep warm.

Skim off fat in casserole. Add cornstarch dissolved in cold water. Bring to a boil stirring until thick. Pour into a gravy boat or bowl. Serves 6.

Wine suggestion: A Beaujolais.

MEAT BALLS BOURGUIGNONNE
(pictured on page 91)

Meat balls were never so classy.

6 slices white bread
1 lb. ground beef round
1 lb. ground beef chuck
2 cloves garlic, finely minced
⅓ cup fresh or frozen chopped onion
1 tablespoons chopped parsley
2½ teaspoons salt
1 teaspoon pepper
5 tablespoons flour
¾ lb. pearl onions
½ lb. carrots, sliced
2 tablespoons butter or margarine
1 cup red wine
½ cup beef broth
1 beef bouillon cube
½ lb. mushrooms, quartered
Parsley sprigs

Cut each slice of bread into two diamond shapes. Cover with plastic wrap and set aside. Use bread trimmings to make 1 cup crumbs.

Combine 1 cup fresh bread crumbs, ground meats, garlic, onion, chopped parsley, 1½ teaspoons salt and ½ teaspoon pepper. Form into 12 meat balls, about 2 in. in diameter. Roll meat balls in 3 tablespoons flour. Refrigerate.

Parboil onions for 15 minutes and carrots for 10 minutes. Melt butter or margarine in a large casserole or Dutch oven. Brown meat balls on all sides. Sprinkle remaining flour over meat balls. Add red wine, beef broth, bouillon cube, 1 teaspoon salt and ½ teaspoon pepper, onions and carrots. Simmer 10 minutes. Add mushrooms; simmer 5 minutes longer.

Toast bread croutons.

Remove meat and vegetables to a serving platter. Garnish with parsley and croutons. Serves 6.

Wine suggestion: A hearty Burgundy at room temperature.

BLACK AND WHITE BEAN POT
(pictured on page 91)

Our least expensive casserole—under $2.

½ lb. dried black beans
½ lb dried pea beans
¼ lb. bacon ends
1 lb. onions, chopped
2 cloves garlic, minced
3 cups beef broth
2 tablespoons lemon juice
1 orange
½ tablespoon salt
¼ teaspoon pepper
1 hard cooked egg, sliced
Parsley sprigs

Soak beans separately in 3 cups water overnight. Drain.

In a large casserole, sauté bacon ends. Add chopped onion. When onion is transparent, add garlic. Stir. Add pea beans, beef broth, lemon juice, orange juice squeezed from half the orange, salt and pepper. Cover and simmer for 15 minutes. Add black beans and continue to simmer for 1 hour 15 minutes.

Place beans in serving dish. Garnish with slices of orange from remaining orange half and hard cooked egg and parsley. Serves 6. *continued*

Who put the chic in chicken? Almonds and Avocado.©

Our unique combination of textures elevates chicken salad out of the everyday. The crisp, crunchy quality of Blue Diamond Slivered Almonds. The luxurious smoothness of California Avocados. Each is essential. Otherwise it's just chicken salad.



AVOCADO-CHICKEN SALAD ALMONDINE

- 1½ cups diced cooked chicken
- ¼ cup thinly sliced celery
- ¼ cup sliced green onions with tops
- ¼ cup toasted slivered Almonds
- 2 tablespoons minced parsley
- Your favorite clear dressing
- 2 California Avocados

Combine ingredients. Cut peeled Avocados into halves and arrange on salad greens; spoon Chicken Almondine into Avocado. Garnish with more almonds. Makes 4 salads.



BLUE DIAMOND SLIVERED ALMONDS
The Ready-to-go Nut
LOVE FOOD FROM CALIFORNIA
©1975 California Avocado Advisory Board

$5 ONE-POT MEALS
continued

All recipes pictured below

LEMON LAMB PIE

This freezes well, either as one pot or in individual servings.

Pastry:
2 cups all-purpose flour
½ teaspoon salt
½ cup butter or margarine, softened
3 tablespoons vegetable shortening
3 tablespoons cold water
Filling:
1½ lb. lamb for stew, cut into 1-in. cubes
2 tablespoons butter or margarine
1 lb. fresh green beans
Sauce:
1 cup milk
1 tablespoon grated lemon rind
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 egg yolk
½ teaspoon salt
¼ teaspoon pepper
¼ cup chopped parsley
1 egg, beaten

To prepare pastry: Put flour on a pastry board. Make a well in the center of the flour. Add salt, butter or magarine, shortening and water. Mix until it becomes crumbly. Form a ball and wrap in plastic wrap and set aside.

To prepare filling: Brown lamb in melted butter or margarine in a skillet. Drain on paper towels.

Wash green beans. Remove ends. Cook in boiling water about 15 minutes or until partially cooked. Drain. Cut into 1-in. diagonal pieces.

To prepare sauce: Scald milk in a saucepan along with lemon rind. In another saucepan, melt butter or margarine. Stir in flour. When bubbly, add hot milk, pouring it through a strainer to remove lemon rind. Whisk until sauce is thickened and smooth. Remove from heat, add egg yolk, salt and pepper.

Arrange lamb cubes, green beans and parsley in a 1½-qt. shallow casserole. Pour sauce over; mix slightly.

Preheat oven to 350°. Roll out pastry on a floured board, about 1 in. larger than casserole. Cover casserole with pastry. Cut excess pastry off from edges. Cut ½-in. strips from excess pastry and place around edge of pie to form a border. Cut leaves from remaining scraps and place in the center. Brush pastry with beaten egg.

Bake in a 350° oven for 35 minutes. Serves 6.

Wine suggestion: A chilled rosé.

MUSTARD CORNED BEEF

One of our personal favorites, and certainly one of the simplest.

2½ lb. corned beef brisket
2 tablespoons vegetable oil
1 yellow onion, chopped
2 lb. red cabbage, shredded
2 tablespoons spicy mustard
2 tablespoons sugar
2 red apples, sliced
1 package (8 oz.) broad egg noodles

In a large pot of simmering water, cook corned beef brisket for 4 hours or until easily pierced with a fork.

After 3½ hours of cooking time, heat oil in another large saucepan. Add onion and sauté until transparent. Add shredded cabbage. Cover and simmer about 30 minutes, stirring occasionally until cabbage is soft and tender. Stir in mustard and sugar. Add apple slices. (If desired, a few apple slices may be set aside for garnish.)

Remove corned beef from the water, and cover with aluminum foil to keep warm. Bring water in which corned beef was cooked to a boil and cook noodles according to package directions. Drain. Add noodles to cabbage.

Slice corned beef. Add any uneven pieces or scraps to cabbage and noodles.

Arrange cabbage and noodle mixture on a serving platter. Arrange sliced corned beef on top. Serves 6.

HUNTER'S CHICKEN

A great party dish with a delicate sauce.

4 tablespoons butter or margarine
2 chickens (2¼ lb. each), cut into eighths
2 tablespoons flour
1 cup white wine
½ cup beef broth
¾ lb. onions, chopped
2 cloves garlic, finely chopped
2 tablespoons tomato paste
2 sprigs parsley
1 bay leaf
2 lb. potatoes, peeled
1 tablespoon vegetable oil
1 package (10½ oz.) frozen green peas, thawed

Melt 2 tablespoons butter or margarine in a large skillet. Brown chicken on all sides. Sprinkle with flour. Add wine, broth, onion, garlic, paste, parsley, bay leaf. Cover; simmer for 40 minutes.

Scoop out 1-in. balls from potatoes, using a melon ball scoop. (Save leftovers for soup or whipped potatoes.)

Melt remaining 2 tablespoons butter and oil in a skillet. Brown potatoes. Add to chicken during last 10 minutes of cooking. Add peas during last 5 minutes. Serves 6.

Wine suggestion: any chilled dry white wine.

SPINACH NOODLES WITH TUNA SAUCE

An elegant pasta dish that's priced far under our $5 limit.

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk, scalded
1 package (5 oz.) Parmesan cheese, grated
2 egg yolks
1 tablespoon caper juice plus
1 tablespoon capers
1 can (6½–7 oz.) tuna, drained and flaked
2 packages (8 oz. each) spinach egg noodles cooked

Melt butter or margarine in a saucepan. Add flour and cook for one minute. Add hot milk, all at once. Whisk vigorously until it reaches the boiling point and thickens. Remove from heat. Reserve ¼ cup Parmesan cheese for garnish; add remaining cheese to sauce. Whisk in egg yolks and caper juice. Add tuna. Pour sauce over cooked spinach noodles. Garnish with 1 tablespoon capers and lemon wedges. Serves 6. **End**



Top, left—Spinach Noodles with Tuna Sauce; right—Mustard Corned Beef. Bottom row, left—Hunter's Chicken; right—Lemon Lamb Pie.

Which glass would you rather drink from?





The glass washed in Calgonite® is the glass you'd choose for your family. See how clean it looks without all those unappetizing spots.

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Calgonite.
For the glass you'd rather drink from.



Four classic sauces. 30 minutes each.



1. Mornay.

2. Hollandaise.

3. Bordelaise.

4. Bearnaise.

Or five minutes each with a lemon trick.

1. Quick Mornay. Take a package of white sauce mix and make it according to directions. Stir in 1/2 cup shredded Swiss cheese, 1/2 t. grated lemon peel, 1 Tb. fresh lemon juice and a dash nutmeg. Stir until smooth. Only an expert could tell it's a short-cut.

k Hollandaise.
4 egg yolks, 2 to
resh lemon juice,
alt and a dash
in your blender.
o high speed and
add 1/2 cup
butter or mar-
(still bubbling
a thin but
stream.
c on
o,
bles,
ggs.

3. Quick Bordelaise. Make a package of brown gravy mix according to directions, reducing water by 1/2 cup. Add 1/3 cup red wine, 1 Tb. fresh lemon juice and 2 Tb. butter or margarine. Superb on meats.

4. Quick Bearnaise. Make Hollandaise like it says above. Then stir in 1 t. grated lemon peel, 1 t. snipped parsley, 1/4 t. tarragon leaves. Heavenly on just about anything.

Sunkist® lemons zap up quickie recipes.

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Hred hot Valentine...



Valentine's Day is extra nice when you've made something special for someone you love. And there isn't a cake in this world that's more special than the one frosted with the freshness of Philadelphia Brand Cream Cheese from Kraft.

Vanilla "Philly" Frosting
8-oz. pkg. Philadelphia Brand Cream Cheese
1 tablespoon milk
1 teaspoon vanilla
Dash of salt
5½ cups sifted confectioners' sugar
Red food coloring
Maraschino cherry pieces

Combine softened cream cheese, milk, vanilla and salt, mixing until well blended. Gradually add sugar, mixing well after each addition. Fills and frosts two 8- or 9-inch cake layers. Tint to desired color with food coloring and garnish with cherry pieces.

There are 365 days in a year and at least that many ways to use fresh Philadelphia Brand Cream Cheese, but my this one on February 14th and it may just be the best Valentine's Day you've ever had.

KRAFT Division of Kraftco Corporation

DOLLAR DESSERTS

continued from page 92

ALMOND BLANCMANGE (pictured on page 92)

Super-simple party dessert.

- 2 envelopes unflavored gelatin
- ¼ cup cold water
- 2½ cups milk
- 1 cup half and half
- ½ cup sugar
- 1 tablespoon almond extract
- 2 tablespoons apricot jam
- Canned apricot halves (optional)

Sprinkle gelatin into ¼ cup cold water and allow to soften for 5 minutes.

Meanwhile, scald milk and half and half. Stir in sugar. Remove from heat and stir in gelatin until dissolved. Add extract. Chill until consistency of unbeaten egg whites.

Lightly oil a 4-cup mold. Pour mixture into mold and chill in refrigerator until firm, about 3–4 hours.

Unmold pudding onto serving plate. Brush jam into identations of mold, as pictured. If desired, arrange apricots (not included in costing) around bottom of mold. Serves 6.

FROZEN CREAM PUDDING (pictured on page 93)

This has an ice-cream-like texture and is very easy to make.

- 1 package (3¾ oz.) vanilla or lemon instant pudding and pie filling
- 1½ cups milk
- 1 cup heavy cream, whipped
- 2 teaspoons anise extract

Prepare pudding and pie filling according to package directions, using only 1½ cups milk. Fold in whipped cream and anise extract.

Pour mixture into a 1-quart mold, pan or baking dish. Freeze until firm, about 3–4 hours. Spoon into dessert glasses. Garnish with grated lemon rind. Makes about 6 servings.

PINEAPPLE FRITTERS (pictured on page 93)

Make this fondue recipe if you wish and have guests make their own.

- 1 can (20 oz.) sliced pineapple
- 4 tablespoons sugar
- 1 tablespoon dark rum (optional)
- ⅔ cup milk
- 1 egg, slightly beaten
- 1 tablespoon butter or margarine, melted
- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons cornstarch dissolved in 2 tablespoons cold water
- Vegetable oil for deep-fat frying
- Confectioners' sugar

Place pineapple slices along with pineapple syrup in a glass baking dish. Combine 2 tablespoons sugar and rum; pour over pineapple slices and allow to marinate for 1–2 hours.

Combine milk, egg and butter or margarine in a mixing bowl. Resift flour with 2 tablespoons sugar, baking powder and salt. Add to milk/egg mixture. Beat until smooth.

Heat the vegetable oil to 350°.

Drain the pineapple well, reserving the rum marinade in a small saucepan. Stir in dissolved cornstarch, bring to a boil, stirring constantly until thickened. Dip the pineapple slices into the fritter batter. Fry fritters for 2–3 minutes, turning once, until golden. Drain on paper towels. Dust with sugar. Serve with rum sauce. Makes 10.

PEACH TARTLETTES (pictured on page 92)

Tarts are always elegant. Use any canned fruit.

Tart Shells:
- 1 cup sifted all-purpose flour
- 2 tablespoons sifted confectioners' sugar
- ⅛ teaspoon salt
- ⅓ cup vegetable shortening or margarine
- 2 tablespoons cold water

Filling:
- 1 package (3¾ oz.) vanilla instant pudding and pie filling
- 2 cups reliquefied nonfat dry milk
- 1 can (8¾ oz.) sliced peaches
- 2 teaspoons cornstarch, dissolved in 2 teaspoons cold water
- Yellow food coloring (optional)

To prepare pastry: Combine flour, sugar and salt in a mixing bowl. Cut in shortening or margarine with a pastry blender or two knives until the mixture resembles cornmeal. Add water. Toss with fork until just combined.

Preheat oven to 350°. Divide dough into 6 small balls. Place dough into six 3-in. tartlette shells. Carefully work the dough out into a shell form. Chill shells in freezer 10–15 minutes. Line shells with waxed paper. Fill shells with beans or rice. Bake in 350° oven for 20–30 minutes. Take shells from oven, removing beans or rice. (Preparation up to this point may be done in advance. Store shells in a cool, dry place.)

To prepare filling: Prepare pudding and pie filling according to package directions, using 2 cups milk.

Drain peach slices, reserving syrup in a small saucepan. Stir dissolved cornstarch into syrup. Cook, stirring until it comes to a boil and thickens. Stir in food color, if desired.

Spoon vanilla filling into tart shells. Arrange two or three peach slices on top of filling. Brush thickened peach syrup over peach slices. Serves 6.

CURRANT-GLAZED CROWN **(pictured on page 92)**

Good as a dessert or coffee cake.

Yeast Cake:
1¼ teaspoons (½ envelope) active dry yeast
¼ cup lukewarm milk (105°–115°)
¼ cup sugar
2 eggs, slightly beaten
¼ teaspoon salt
1 cup all-purpose flour
5 tablespoons butter or margarine, melted
Glaze:
½ cup red currant jelly
1 teaspoon ground cardamom
Nonpareils, crystal sugar or dragées

To prepare yeast cake: Sprinkle dry yeast over warm milk in a large mixing bowl. Stir until yeast is dissolved. Blend in sugar, eggs and salt. Stir in flour to make a soft dough. Beat with a wooden spoon for 4 minutes. Cover bowl with a towel and let rise until double in bulk. Stir dough down, then beat in butter or margarine. Spoon dough into a well-greased 4-cup mold. Set in a warm place to rise and double in size.

Preheat oven to 350°. Bake yeast cake for 25–35 minutes. Remove to a cake rack and cool for 10 minutes before removing cake from pan.

To prepare glaze: Melt jelly in a small saucepan over low heat. Remove from heat and stir in cardamom. Brush or spoon glaze over yeast cake. If desired, sprinkle top with cake or cookie decorations. Serves 6. *(continued)*



Top, left—Rococo-Ginger Cake; right—Apple-Cranberry Roll. Bottom, left—Meringue Torte.

...and a Sweetheart of a dessert.



Here's another way to celebrate the holiday with yet another kind of freshness. Whipped Philadelphia Brand Cream Cheese from Kraft. This is the cloud-light Philly with the flavor that makes the best Peach Melba ever!

Peach Melba Metropolitan
Canned peach slices
Kraft Whipped Cream Cheese
Peach melba sauce

For each serving, place peach slices in serving dish. Top with whipped cream cheese and sauce.

Peach Melba Sauce
10-oz. pkg. frozen raspberries, thawed
½ cup Kraft Orange Marmalade
2 tablespoons cornstarch

Drain berries, reserve juice. Add water if necessary to make ¾ cup liquid. Combine juice, marmalade and cornstarch in saucepan. Cook over medium heat until clear and thickened. Stir in raspberries. 1½ cups.

Happy Holiday! And remember there's a Whipped Philly flavor for every day of the week. Plain, Onion, Chive, Smoked Salmon, Bacon and Horseradish, Blue Cheese and Pimento. Satisfaction is guaranteed on both Philly and Whipped Philly or your money back from Kraft. You get what you pay for.

KRAFT Division of Kraftco Corporation

DOLLAR DESSERTS
continued

ROCOCO-GINGER CAKE
(pictured, p. 103)

1 package (14 oz.) gingerbread mix
1 cup orange juice
¼ cup orange marmalade
Royal Icing:
1 tablespoon egg white
⅛ teaspoon cream of tartar
Pinch salt
¾ cup sifted confectioners' sugar

To prepare cake: Preheat oven to 350°. Prepare gingerbread mix, substituting 1 cup orange juice for 1 cup water.

Pour batter into a greased and floured 11x4-in. loaf pan. Bake in a 350° oven 40–45 minutes. Cool 10 minutes. Remove from pan. Brush marmalade over. *To prepare icing:* Lightly beat egg white, cream of tartar and salt. Add confectioners' sugar gradually, while continuing to beat, until the icing is shiny and stands in peaks. Cover with a damp paper towel until ready to use.

Fill a parchment paper cone or a pastry bag (fitted with a No. 2 tip) with royal icing. Hold the paper cone or bag so that the tip is just touching one edge. Force the icing through. Immediately lift the bag until there is a line of icing stretching down about ¾ in. to 1 in. in length. Continue to move across from left to right maintaining this even height and keeping up a smooth uniform pressure. When you are about 1 in. from the end of the line, stop squeezing and gently and smoothl lower the tip back to the surface an break the line by moving it downwar on the edge. Decorate top and sides i any pattern. Serves 6.

APPLE-CRANBERRY ROLL
(pictured, p. 103)

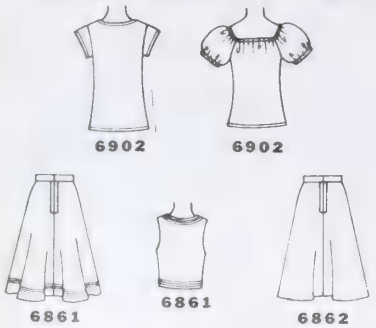
A good make-ahead dessert to store i the freezer.

Jelly Roll Cake:
3 eggs
½ cup sugar
½ cup sifted cake flour
½ teaspoon baking powder
Filling:
2 small apples
1 can (8 oz.) whole cranberry sauce
¼ cup granulated sugar
1 teaspoon ground allspice
Confectioners' sugar

Journal Shopping Center

PAGE 80: TOP: RIZKALLAH FOR MALCOLM STARR flower-toned chiffon evening gown; $340. At Bonwit Teller, all stores; Garfinckel's, Washington, D.C.; Harzfeld's, Kansas City; Lou Lattimore, Dallas. **ACCESSORIES:** KJL glittery jewelry. Golo silver sandals. **BOTTOM: ALBERT NIPON** square-necked floral chemise can be worn with or without its own sash and scarf. Narrow on top and gently flared. In rayon, $138. At Lord & Taylor, New York; Charles Sumner, Boston; La Vogue, Richmond; Jacobson's, Michigan; L.S. Ayers, Indianapolis; Charles A. Stevens & Co., Chicago; Bullock's, Wilshire and Southern California. **CHILDREN'S DRESSES: J.C. PENNEY** tyrolean-looking gingham dress with pique pinafore effect (7-14), $11.50, available at all J.C. Penney Fashion Stores. **WHEN I GROW UP** blue dotted pinafore dress with muslin apron (7-14), $15, at Bloomingdale's, New York; Garfinckel's, Washington, D.C.; Jacobson's, Michigan; Manchester's, Madison, Wisconsin; Fashion Bar Young Set, Denver; Buffum's, Long Beach. **POLLY FLINDERS** hand smocked, lace trimmed pinafore dress (4-6x), $15, available at Saks Fifth Avenue, All Stores. **ACCESSORIES FOR NIPON DRESS:** P.C. Designs bangles. Charles Jourdan sandals. J.C. Penney Lycra hosiery. **PAGE 81: TOP: LEO NARDUCCI FOR COMPANY V** man-tailored blazer ($78) and pleated pants ($42) in Fibranne, worn with geometric print tie blouse ($38), available at Nan Duskin, Philadelphia; Kaufmann's, Pittsburgh; Hess's, Allentown; Maas Brothers, Tampa; Woolf Brothers, Missouri, Oklahoma, Tennessee, and Texas; Joske's, San Antonio and Austin. **ACCESSORIES:** Hattie Carnegie square rhinestone earrings, Therese Ahrens boutoniere, Bulova watch, Golo strappy sandals. **BOTTOM: RICHARD ASSATLY FOR AQUANALA** tent shaped raincoat can also be worn unbelted. In polyester and cotton, $150, at Lord & Taylor, New York; Charles Sumner, Boston; Garfinckel's, Washington, D.C.; Henry Harris, Cincinnati; Lillie Rubin, South and West; Montaldo's, All Stores; Neiman Marcus, All Stores; I. Magnin, Chicago and California. **ACCESSORIES:** Garbo wig by Jacques Darcel, Frank Olive brimmed rainhat, Echo scarf, Dopp by Samsonite briefcase, Golo boots. All prices are approximate.

PATTERN BACKVIEWS See page 54



All yardages are for Misses' size 10.
SIMPLICITY #6902 $1.15. View 1 shirt. Requires 1 yard 60" fabric. Fabric shown, Apsco Banlon nylon knit, about $4 per yard. View 3 puffed sleeved blouse requires 1 yard 60" fabric. Fabric shown, Master Knitters pointelle knit of polyester, rayon, about $13 per yard.
SIMPLICITY #6861 $1.25. sizes 6–14. Bolero and skirt. Requires 1 yard 60" fabric for skirt, 1 yard 60" fabric for bolero. Fabric shown, 100% woven texturized "Doveteen" polyester by Spilke, about $6 per yard. Braid trim by Alvin Cord, 4 yds. at $.69 per yard.
SIMPLICITY #6862 $1.25. Sizes 6–14. View 1 A-line skirt. Requires 1 yard 60" fabric. Fabric shown, Samantha Lee doubleknit of Dacron polyester, linen, rayon blend, about $6 per yard. View 2 skirt requires 1 yard 60" fabric. Fabric shown, Master Knitters pointelle knit of polyester, rayon, about $13 per yard.

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If one picture is worth a thousand words, one bite of our new pies is worth a million.

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FRUITIER FRUIT PIES: Our luscious new fruit pies are even deeper, filled way up with at least 24% more fruit. Quality fruit, like Golden Delicious and Jonathan apples. Plump Montmorency cherries.

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CREAMIER CREAM PIES We've done the same with our marvelous new cream pies. Given them extra-ric extra-smooth fillings, and toppings that are unbelievably creamy.

New Morton Pastry Shop No words (or pictures) ca tell you how good they tas

Introducing Morton® Pastry Shop P



prepare jelly roll cake: Line the tom of a 13x9-in. cake pan with ked or parchment paper. Grease the per and the sides of the pan.

Preheat oven to 350°. Beat eggs until ion colored and light. Gradually beat ugar.

Resift cake flour with baking powder. d the sifted ingredients gradually to egg mixture, stirring until blended. Spread the batter evenly in the pan. ke in a 350° oven for 15–20 minutes until the cake begins to pull away m the sides of the pan.

Lightly sift confectioners' sugar onto lean towel. Loosen the edges of the e from the pan. Turn cake out onto towel. Trim off any crusty edges. th waxed paper still on the cake, roll the cake up, by starting with one of the 9-in. sides and using the towel to help you. Place in the refrigerator to cool, about 30 minutes.

(If preparation up to this point is done in advance, cake may be cooled at room temperature.)

To prepare filling: Core apples and slice or chop into ⅜-in. pieces. Combine apples, cranberry sauce, granulated sugar and allspice in a saucepan. Cook over medium heat until apples are soft, about 10–15 minutes. Cool.

Carefully unroll cake and pull off waxed paper. Spread filling on cake. Roll cake up again and sift additional confectioners' sugar on top.

Serves 6.



MERINGUE TORTE (pictured, p. 103)

Make the meringues ahead and freeze.

5 egg whites
¼ teaspoon salt
½ teaspoon cream of tartar
1¼ cups sugar
1 teaspoon vanilla extract
Filling:
1 package (2 oz.) whipped topping mix
1 teaspoon instant coffee powder
¼ cup mini chocolate pieces or 1 tablespoon chocolate decorettes

Meringue: Line a large cookie sheet with brown paper. Mark a 9-in. circle by drawing around a cake pan.

Put egg whites and salt in a large mixing bowl. Beat on low speed for about 2 minutes. Add cream of tartar and then increase speed to medium, beating until whites form soft peaks. Add one tablespoon sugar at a time, while beating on high speed. Add vanilla. Continue beating until sugar is dissolved and whites are very stiff.

Preheat oven to 200°. Spoon about two thirds of the meringue onto the 9-in. circle. Spread the meringue to form a circle about ½ in. thick. Spoon remaining meringue into a pastry bag fitted with a No. 5 star pastry tube. Pipe meringue stars around the outside of the circle to build up the edge. Pipe 6–8 stars or rosettes to be used for top decoration separately on the paper. Bake meringues in a 200° oven for 40–60 minutes. Turn off heat and let meringues dry in the oven several hours or overnight.

When ready to assemble, remove meringues from brown paper. If meringue sticks to paper, set paper on a damp towel for a few minutes. Transfer meringue circle to serving plate.

Filling: Prepare whipped topping mix. Beat in instant coffee. Fold in chocolate pieces. Spread filling in the center of meringue circle. Place meringue stars or rosettes on top of filling. Serves 6. **End**

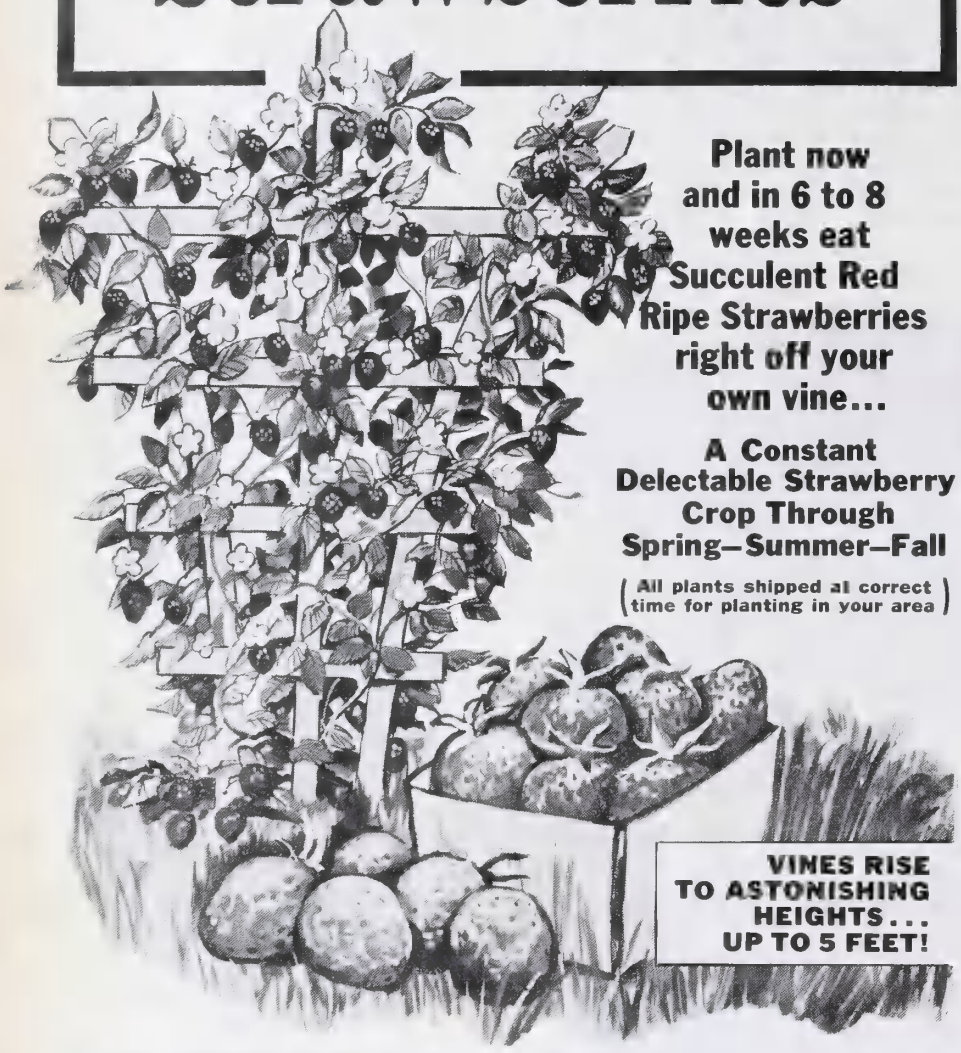
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N.Y. & Fla. residents add appropriate sales tax.

SIAMESE TWINS

continued from page 79

of Siamese twins; her doctor, in fact, had not even predicted twins at all. And for days after the birth, no one would tell Farida the truth about her babies.

Even today, despite the joy that turns her face radiant and causes her highly expressive eyes to well up with tears at the simple sight of her little girls playing separately on a living-room rug, Farida's voice seems to crack, grow soft and then race forward at a feverish pitch as she recalls those first agonizing weeks in the clinic, when she lay ill and uninformed and totally confused as to what had actually happened, all the time asking the universal question of every new mother: Is my baby all right?

Enormous and uncomfortable

Her pregnancy had been normal until about the sixth month, when she suddenly grew enormous and more uncomfortable than she had ever been before. Farida, now 32, had given birth to three healthy sons since her marriage at the age of 18 to Salvador Rodriguez, who runs a small food business on their one-acre farm. (There are five older Rodriguez children, ranging in age from six to 14, but two of them are foster children.) Every previous pregnancy had always gone smoothly. This time, however, despite the lack of medical confirmation, Farida suspected she might be carrying twins; her husband has twin brothers and her mother had two sets of twin cousins. Nevertheless, she continued her regular routine: rising at 5:30 in the morning; walking the equivalent of two long city blocks to a stream to get water; looking after her family in a house without electricity or plumbing; cooking on a coal stove and helping her husband with his business. "This is the way we live," she says, with no trace of complaint. "All we do is work. We work all the time so that we can live."

When the labor pains began, they were worse than anything Farida had ever experienced or even imagined. After a day and a night, limp and exhausted, she knew that she was not going to be able to deliver naturally. A Caesarean section was performed, and when the doctor pulled the babies out by their feet, he discovered they were connected at the pelvis and abdomen. "It was a very big surprise," he later commented with some understatement. It was, in fact, a birth that occurs only once in every 60,000—70 percent of which are female and nearly all of which are stillborn. The Rodriguez girls were alive, but Farida was told they were dead.

"I was terribly sick after the birth," she recalls, "but when my sister came in, I pointed at my stomach and said, 'Where is it? Where is it? Where is my baby? My sister said, 'No, *(continued)*



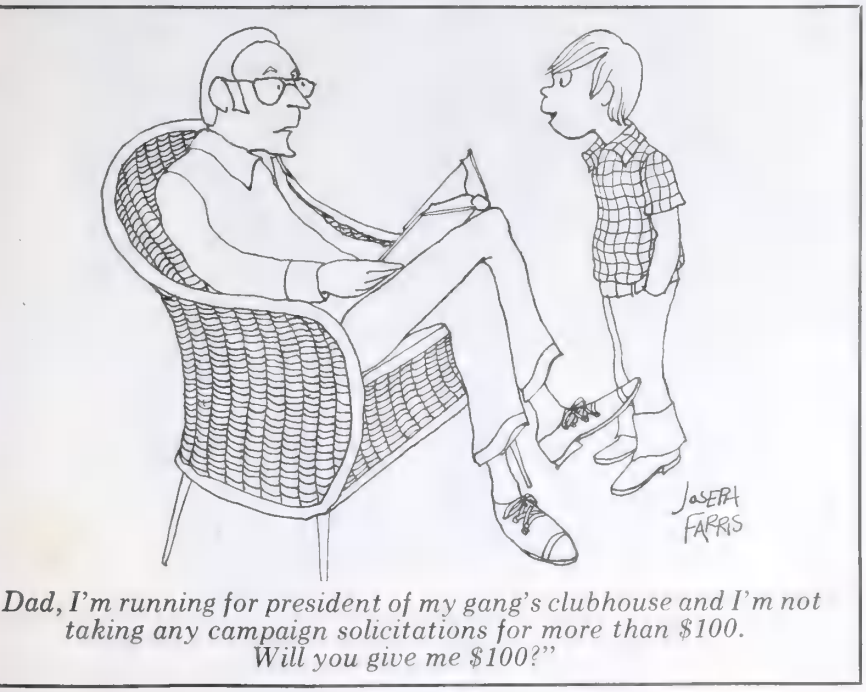
o—forget about it, just forget about died.' And I felt so sick there was ng else I could do. I accepted it." ve days later, however, she became e of undue commotion in the hall- and outside the tiny hospital, and me intuition sensed that it had to ith her. Then, without warning—no yet understands how—a little girl burst into her room and announced that she'd seen in the papers that Farida's babies were going to be operated on. The girl's mother raced in and pulled the child out, but Farida was now near hysterics. "What is going on?" she cried. "I *have* to know. *What* babies? Are my babies alive? *I must know the truth!*" Her mother then told Farida that she had twins but that they were connected; no one had expected them to live, but after they had survived two days they had been taken to the Children's Hospital in Santo Domingo, about three hours away, where they would be separated and everything was going to be all right.

Farida, nevertheless, remained nervous and depressed through the following days. She remembers the nurses coming to her and saying, "Look, you should be grateful, you should just be thanking God that you are alive and your babies are alive."

"But it was very hard, you know; other mothers around me were feeding their babies and kissing them, and I hadn't even seen my own."

The first sight of her Siamese twins was nearly devastating.

Six days after she returned home to Las Auyamas, still weak after a month in the clinic, her sister Gladys traveled to Santo Domingo to fetch Clara and Alta; Farida had been told by then that nothing could be done for them; there was no way to separate them. Nothing, however, prepared her for the moment when they were put into her arms for the first time. "I thought I would fall apart completely," she says. "Their arms and legs were the size of grown-up fingers and they looked horrible. [The medical term for such children is the unfortunately graphic word "monster."] I



Dad, I'm running for president of my gang's clubhouse and I'm not taking any campaign solicitations for more than $100. Will you give me $100?"

looked at them and all I could think was, 'How can you ever survive? You are my little ones, my babies, but you have only come home to me to die.' " She did not see how she could ever bring herself to take care of them, even though they were her own flesh and blood. She then prayed for nearly 24 hours, asking for strength to surmount her personal despair, and neighbors and relatives came to pray with her, and at the end, she knew that somehow she would be able to care for them. But she never doubted that they would die.

The odds against the twins

And the odds were definitely not on Clara and Alta's side. The infant death rate in the Dominican Republic is three times that of the United States, and 46 percent of all deaths are due to common, easily prevented childhood diseases; simple diarrhea and the subsequent dehydration is a major killer in itself, and nearly all the water is contaminated; in the Rodriguez's village, there is scarcely a person—adult or child—who does not have parasites.

Still, the twins not only survived but continued to grow. They slept in one of the two small bedrooms in the house with their parents, and their five brothers and sisters slept in the other. The only other room in the small wooden house with its corrugated tin roof is a combination living-dining-kitchen and business area. Here, as the twins got bigger, they would sit rocking back and forth, seemingly sitting in each other's laps, yet actually never able to sit up at the same time; one would frequently have to sit up just to allow the other to sleep. Clara, because she was slightly bigger (their combined birth weight was roughly ten pounds), quickly became dominant, often shoving her sister down, and Alta soon had numerous scars on her upper arms from Clara's bites.

Yet, basically, they were happy and playful, *(continued)*



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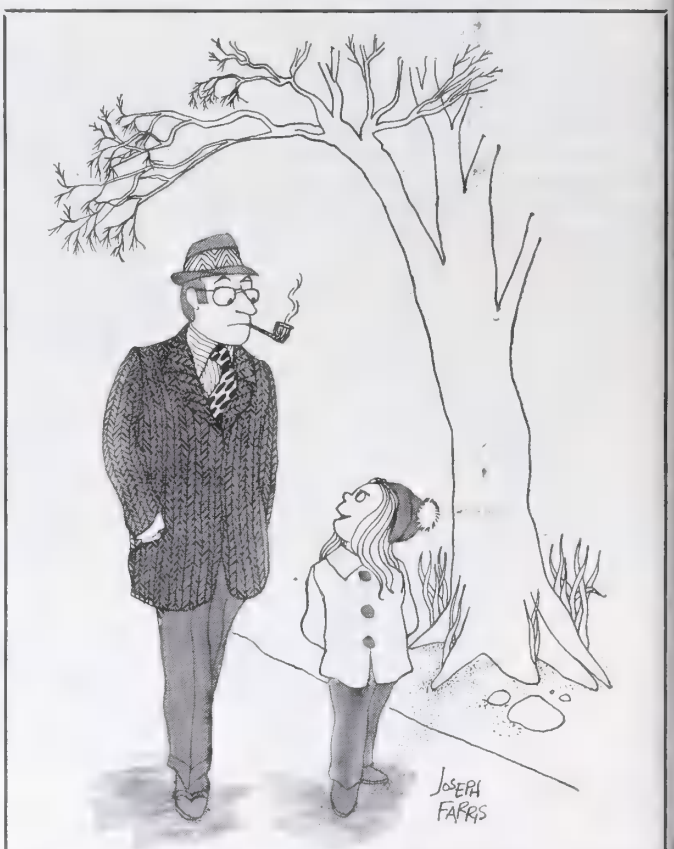


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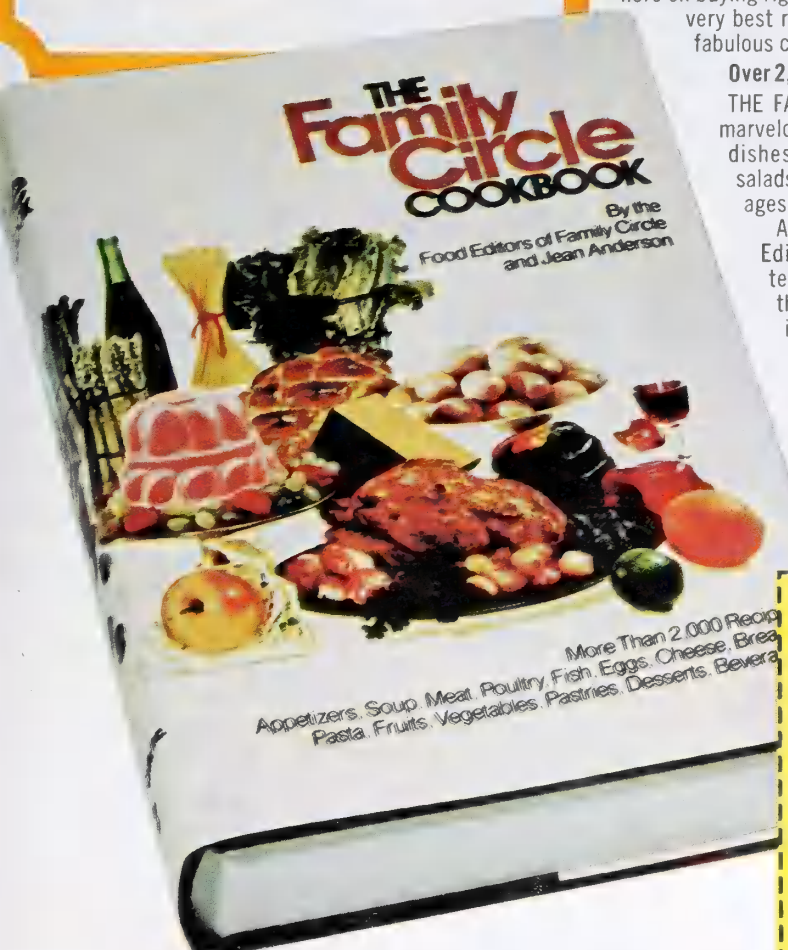
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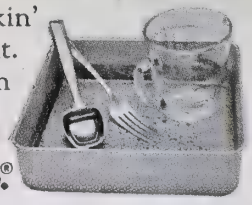
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SIAMESE TWINS
continued

and, to everyone's astonishment, healthy; in their first year of life, they experienced only two bad colds and somehow, despite their primitive living conditions, were able to build up immunities to the infections and viruses that surrounded them—which worked in their favor when they finally underwent surgery.

Farida, understandably, still despaired—partly because of her conviction that her daughters would soon die, and also, perhaps even more frightening, that they might live. Dr. C. Everett Koop, chief pediatric surgeon at Children's Hospital, would be the first to understand: "You see them now," he says, "when they are very, very cute, and they are separate. But you missed the real horror, you see. Can you imagine the horror of having to sit for the rest of your whole life, always looking at the same person?"

That exact horror was so real to Farida that by the time the twins approached their first birthday last summer, she had virtually given up hope. It was right then that hope arrived.

Diana Zimnoch of Warrington, Pa., a housewife and mother of five, had learned of Clara and Alta's plight. Mrs. Zimnoch's sister in San Juan, Puerto Rico, employed a maid who was a cousin of the Rodriguez family. Diana telephoned Children's Hospital to find out if they knew anything about separating Siamese twins, and was guided to Dr. Koop, who had successfully separated a set of twins 18 years ago. The surgeon said he could give no opinion until he saw a picture of the little girls.

The picture convinced him that separation was possible, although he could not guarantee two totally normal young sisters until they had been fully examined. Mrs. Zimnoch's church group, a lay Catholic congregation called A Community in Christ, raised the money for Farida, her sister and the children to come to Philadelphia. Many other groups and individuals—few of them wealthy but all deeply dedicated—have subsequently contributed. (Dr. Koop's services were entirely voluntary, as were those of the hospital which, because the girls were in the intensive care unit for 82 days, spent $200 a day per child—a total of $32,800 for their entire stay.)

The medical picture

Dr. Koop had only the sketchiest medical history on the twins when they arrived; basically, it consisted of the fact that they had suffered some diarrhea on the plane and a slight throat infection and were severely anemic. The hospital then began a week of exhaustive tests. It turned out that the twins had a shared liver, one colon, four vaginal openings and one rectum.

During the period of intensive hospital examination, a few strange medical sidelights, still unexplained, emerged. For example, although the twins shared one bloodstream, when a plastic identification bracelet was put on Alta, she developed a severe allergic rash, while Clara displayed no reaction at all.

Prior to the operation, the team of 2[illegible] surgeons and nurses staged intricate rehearsals, working out every procedure in advance, preparing for every possible pitfall, meshing their efforts with the precision of a group getting ready for a moonshot. The surgery itself, which began at 6 A.M. last Sept. 18, lasted more than ten hours. The most dramatic moment came at 12:37 P.M., when the children were no longer Clara-Alta but Clara *and* Alta. It was such an emotional experience that the medical photographer who was recording the proceedings, a man who has photographed many many operations, later admitted that he had wept openly and unashamedly.

The surgeons gave Alta, the smaller twin, a new, artificial rectum which, incredibly, is now functioning more efficiently than Clara's. Two of their four vaginas were sealed off, and the doctors say that the girls should be able to reproduce normally when they reach maturity. The twins' liver, which they shared, actually turned out to be a mass the size of two livers. "Picture two boxes connected by fibrous fatty tissue," says Dr. Koop. "Essentially, we just cut it in two, giving one lobe to each twin.

(continued on page 121)





the famous Saratoga races, Deborah Diane Voss citedly lit up a cigarette when her prize gelding was coming down the backstretch.

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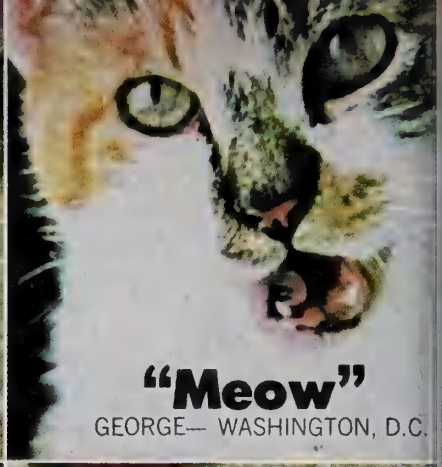


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per cigarette, FTC Report Mar.'74

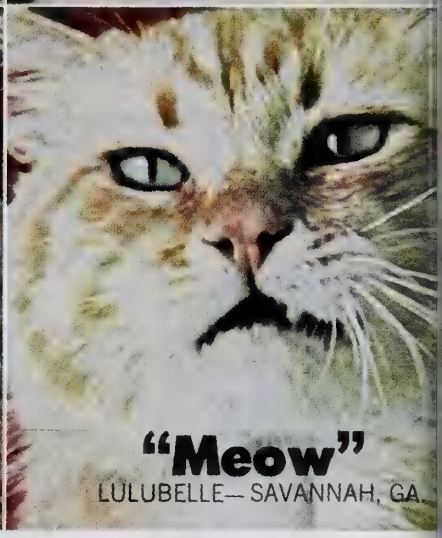












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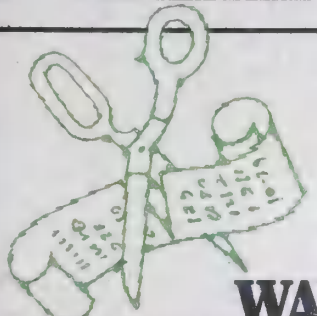
SYLVIA PORTER'S "MONEY BOOK"



Depressed by soaring costs? Then listen to this smartest of all money-management experts—the LHJ columnist who also heads President Ford's Citizens' Committee to Fight Inflation. Here, from her new book, are hundreds of ways to save.

The American marketplace is an economic jungle. As in all jungles, you can be destroyed if you don't know the rules of survival. You can easily fall into dangerous traps from which you cannot escape unharmed if you aren't alert and if you don't know how to avoid them. But you also can come through in fine shape and you can even flourish in the jungle—if you learn the rules, adapt them for your own use, and heed them.

Of course, all I—or anyone else—can give you are the basic facts, the most accurate and complete guidelines available, an informed selection of subjects, and, in my case, a lifelong bias in favor of the consumer. You must carry on from here and translate all of it into whatever is right for you to do. For instance, you will find simple rules for using unit pricing to slash your food costs. But what help will unit pricing be if you ignore this technique when you go food shopping? All of us must decide what and how much responsibility we will accept for the protection of ourselves and our families.



18 WAYS TO CUT YOUR FOOD BILL

1. Plan *before* you go shopping. Always have a pad handy so you can note food items you need as your supplies run low. Group together the same kinds of foods and supplies to simplify your shopping in any store. Inspect your refrigerator, freezer, and cabinet or pantry shelves to see what you have on hand and what you need. Consult the store ads as you make up your shopping list.

When your shopping list is ready, go over it to be sure you have chosen foods on the basis of their nutritional value—the amounts and proportions of protein, vitamins, minerals they contain—rather than strictly on their "taste appeal." Spend your money first for those items, then go on to other foods that you merely want. Use your list as you shop, and also take along whatever throwaway shopper ads might lead you to the bargains. Glance too at the price specials advertised in store windows—for clues to items you might want to add. Buy only snacks and beverages that have some nutritionally redeeming value.

2. Keep in mind—as you make out your food lists and as you actually shop for food—what you'll do with inevitable leftovers. If you plan to make split pea soup using a hambone, for example, buy the split peas when you buy the ham. Also use the little leftovers in your refrigerator—bits of cheese, a dab of tuna fish or chicken, a slice or two of salami or ham—to make a smorgasbord that can serve as a complete lunch or supper. Or use the leftovers in a soup. Or make them the basis for a delicious platter of hors d'oeuvres.

3. If you possibly can, shop in person in the store: this will *always* give you the best value for your money, and there is no real or comparably inexpensive substitute for this practice. You select the foods, you pay cash, you carry your purchases home. If you shop by telephone, have food delivered to your home, and charge these food purchases; you will pay for these conveniences—and the costs over a year will add up to whopping totals.



Do not go shopping for food on an empty stomach, if you can help it. Shopping hungry is another way to boost your impulse buying. Surveys reveal those who shop after meals spend up to 17 percent *less* than those who shop when hungry.

4. Keep records of prices you're paying—particularly for such big items as meat—and shift your menus as prices dictate.

5. Shop the specials and stock your freezer and pantry with foods you need or want when they are marked down.

6. Consider quality in relation to your use of food. If corn on the cob is the heart of your meal, of course you will buy the best quality you can afford. But if you're using corn as part of another dish, you'll do just as well with a less expensive form.

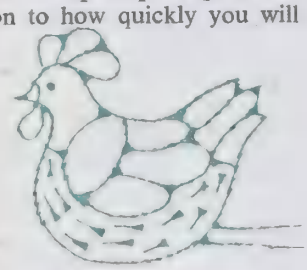
7. Check the containers with care when you buy frozen foods, and never buy an item that is covered with frost. Select only food that is stored below the freezer line at 0° or below. Under *no* circumstances buy a can of food that is bulging—and if you uncover

such a can in your own pantry, toss it out.

8. Buy such foods as meat by cost per portion rather than by overall price. To find this cost, divide the price of the amount you purchase by the number of portions the amount will supply.

9. Buy such foods as bread or cereals by cost per ounce or pound. There is no waste involved here, so see which package offers the most weight for the identical price.

10. Compare package sizes in relation to how quickly you will consume the contents. The "family economy size" is no bargain to you if you end up throwing out a lot of leftovers.



11. Analyze the real cost of cooking from scratch versus buying "built-in maid service." It's not usual, but the cost of ingredients to prepare something at home may sometimes be *more* than the prepackaged convenience equivalent—especially if staples are left over.

12. Compare different forms of food. More and more foods are sold in today's market in different forms—fresh, canned, frozen, chilled, and dried. Sometimes you can save money by comparing costs between different forms.

13. Always remember the seasonal specials. Many of the fruits and vegetables that come to market in abundance in summer cost 50 percent less than in winter. But don't buy the *first* of a crop; prices will go down as the supply increases. Also time buying of canned and frozen fruits and vegetables to take advantage of the end-of-summer surpluses. And when these specials are advertised, stock up.

14. Weigh the cost of gasoline—and time—in choosing a supermarket. The least expensive supermarket in your area almost surely won't be the cheapest for you if you have to drive twice the distance to reach it.

15. Substitute among protein foods as prices dictate. Try beef or pork liver instead of calf's liver; poultry instead of red meats; bean, cheese, and egg dishes instead of meat dishes. Among today's best protein bargains: chicken, hamburger, eggs, cottage cheese, pork and beans, peanut butter, pizza pie, dry beans, American process cheese.

16. Look around you and use the recipes and food-buying tips offered to you by the U.S. Department of Agriculture, your local consumer organizations and your local newspaper's food editor.

17. Use the Agriculture Department's publications, which are designed to help you. The department is loaded with booklets and pamphlets on how to buy, raise, store, cook, and combine food of all kinds—available from the Superintendent of Documents, Washington, D.C. 20402. Among the key titles:

Your Money's Worth in Foods (Home and Garden Bulletin No. 183).

Family Fare: A Guide to Good Nutrition (Home and Garden Bulletin No. 1).

Beef and Veal in Family Meals (Home and Garden Bulletin No. 118).

Family Food Buying, A Guide for Calculating Amounts to Buy and Comparing Costs (Home Economics Research Report No. 37).

Toward the New, A Report on Better Foods and Nutrition from Agricultural Research (Agriculture Information Bulletin No. 341).

The Food We Eat (Miscellaneous Publication No. 870).

Conserving the Nutritive Values in Foods (Home and Garden Booklet No. 90).

Composition of Foods, Raw, Processed, Prepared (Agricultural Handbook No. 8).

18. Hunt for the nutrition bargains and *don't* overbuy meat. Use the following guides, developed by the Department of Agriculture, to give you an idea of the minimum amounts of each major type of food we at various ages should consume daily for proper nutrition:



Milk: Children under 9 years, 2 to 3 cups; 9 to 12 years, 3 or more cups; teen-agers, 4 or more cups; adults, 2 or more cups; pregnant women, 3 or more cups; nursing mothers, 4 or more cups. (Cheese, ice cream and milk used in cooking count as part of the day's milk.)

Meat: 2 or more servings of either beef or veal, pork, lamb, poultry, fish, shellfish, eggs—with dry beans, peas, nuts as alternates.

Vegetables and fruits: 4 or more servings with a dark green or deep yellow vegetable at least every other day; a citrus fruit or other fruit or vegetable rich in vitamin C daily; other vegetables and fruits, including potatoes.

Bread and cereal: 4 or more servings—whole grain, enriched, or restored—of breads, bakery foods, cereals, crackers, grits, macaroni, spaghetti, noodles, rice.



12 SMART RULES FOR BUYING ALMOST EVERYTHING



1. Shop around. Prices do vary from day to day on items ranging from food to furniture, from cars to cosmetics. Comparison-shop at stores in your area. Keep an eye on the ads. Know which stores have built their reputations by offering values on certain types of merchandise.

2. Watch for genuine sales and specials. Not everything advertised is at a better price today than it will be tomorrow. Hunt out the real bargains. There always are some around. Stock up on things you need when prices are seasonally reduced, as at semi-annual clothing sales or inventory clearance sales. Watch and learn which stores put what things on sale and when—particularly on big-ticket major things.

3. Watch for differences in quality.

It well may be that the extra luxury or utility of the higher-priced items is really worth the extra cost.

4. But don't spend unnecessarily for quality; but only the grade of the item you need. Grades A and B tomatoes, for instance, look best—but grade C, the lowest in price, will be just as good in stews and casseroles.

5. Hold periodic family councils to discuss money matters. You can cut back on costs better in an atmosphere of cooperation and understanding.

6. Keep control of your credit purchases, make sure your monthly charge account balances are at a reasonable minimum, and shop for credit with utmost care.

7. Be careful about impulse buying. Supermarket shoppers consistently buy more than they put down on their shopping lists. Don't permit impulse to trick you into buying things you don't need or even want.

8. Buy what's right for you. In clothing, for example, classic styles may be more appropriate for you (and last longer) than the latest fashion craze. And many combinations of the same basic garment may be a far sounder purchase than any spectacular outfit. Let your own experience guide you.

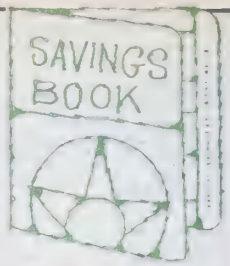
9. Buy in bulk, but only when you'll use it all. All things are not necessarily "cheaper by the dozen." Spoilage and discards can eat up your apparent savings on quite a variety of bulk and "economy" purchases. Check whether the bulk price really is more attractive than what you would pay for a smaller size or amount before you stock up on things you buy regularly.

10. Read the label information. Clothing labels will tell you essential facts about materials used and proper cleaning methods. Even the fanciest packages often carry important data that you will neglect to your sorrow.

11. Give a plus to low maintenance. Many product improvements in recent years have concentrated on easy care—ranging from permanent-press fabrics and stain repellents to extra-durable furniture. They're worth the slightly higher price tags that may be attached. But don't pay more for convenience than it is worth to you—the other side of "easy care."

12. Consider service and "returns." Deal with retailers and manufacturers who stand solidly behind what they sell and who never balk at servicing or replacing a product. If they go out of their way to serve you, they want your business, and they deserve it.

HOW YOUR SAVINGS GROW



Say you can deposit $5 to $50 a month. How will your savings grow at 5 percent a year interest, compounded semi-annually? Here's how much:

How savings grow	$5 Monthly	$10 Monthly	$15 Monthly	$20 Monthly	$25 Monthly	$50 Monthly
6 months	30.44	60.88	91.31	121.75	152.19	304.38
1 year	61.64	123.28	184.90	246.54	308.18	616.37
2 years	126.40	252.81	379.17	505.57	631.97	1,263.94
3 years	194.44	388.89	583.26	777.71	972.15	1,944.30
4 years	265.93	531.85	797.69	1,063.62	1,329.55	2,659.10
5 years	341.03	682.06	1,022.98	1,364.01	1,705.04	3,410.09
10 years	777.58	1,555.16	2,332.48	3,110.06	3,887.64	7,775.28
15 years	1,336.40	2,672.80	4,008.76	5,345.15	6,681.55	13,363.10
20 years	2,051.73	4,103.47	6,154.53	8,206.26	10,257.99	20,515.99



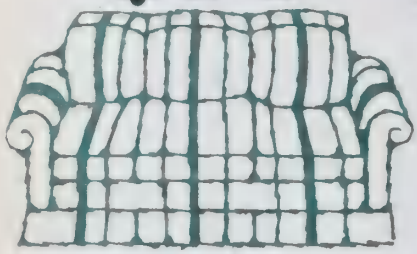
HOW LONG SHOULD APPLIANCES LAST?

In deciding whether to throw away an appliance rather than repair it, consider your time, travel, and inconvenience. Consider also whether the problem is functional or merely one of appearance. And don't waste money trying to repair a too-old appliance. If the appliance is much older than the following life-expectancy guide—based on Department of Agriculture findings—put your money into a replacement instead.

Life expectancy of appliances

Appliance	Average Life Span
Sewing machine	24 years
Vacuum cleaner, upright	18 years
Ranges, electric or gas	16 years
Refrigerator	16 years
Toaster, automatic	15 years
Freezer	15 years
Vacuum cleaner, tank	15 years
Clothes dryer	14 years
Washing machine, automatic and semiautomatic	11 years
Television set	11 years
Washing machine, wringer and spin dry	10 years
Toaster, non-automatic	7 years

HOME FURNISHINGS: A MONEY-SAVING Q. & A.



Q. How can you save in buying new, finished furniture?

A. Choose basic designs rather than "fad" furniture that may cost just as much but soon go out of style. Select with an eye toward the future: sturdy but inexpensive canvas fold-up chairs, for example, might do now for the dining area and can be used later as porch furniture. Shop during furniture clearance sales, usually in August and after Christmas.

Q. What about furniture ads that say "wholesale prices to you"?

A. Don't be misled by any ads claiming "wholesale prices" or "factory to you." A retailer cannot sell to customers at wholesale prices. How would he make a profit? And if factories sold wholesale to everyone, who would want to be a retailer?

Q. What about plastic furniture —is that any bargain?

A. Some of the best-designed modern furniture available today is made of fiber glass or plastic. Some pieces are expensive, but many others sell at prices well within the budgets of most young Americans.



Q. What about reupholstering an old chair instead of buying a new one? Does this save money?

A. The cost for reupholstering even a medium-size chair may shock you, for upholstering is largely a hand operation, and labor costs are high. This may be the best reason for replacing an old chair with a new piece of furniture, if the chair frame is of questionable quality. If, however, a chair or sofa is an antique or a sound, old piece of furniture, it's probably well worth the cost of getting it reupholstered.



Before calling an upholsterer, telephone several upholsterers for a nonbinding, over-the-phone indication of what labor charges would be for a particular type of chair or sofa. Fabric costs usually must be added to labor costs. Ask upholsterers who stock their own fabrics if their labor charge is the same whether their own fabrics are used or you supply them.

Try to agree on a firm delivery date with the shop that gets your business. Ask if you can visit the owner's workshops—so you can get some idea of the quality of the work.

Prices tend to be somewhat lower in small owner-operated shops as they have smaller staffs and are not geared to volume work, but it also may take a small shop longer to complete a job. Department stores near you may have upholstering departments. The work will be done in your own home and be no more costly often than that done by the small shops.

HOW TO SPEND LESS ON CLOTHING



You can truly slash your clothing costs—and be better dressed than ever—by learning and following these ten specific guides:

1. Buy clothes off season—and achieve savings running to a sensational 30 to 50 percent. March is the best time to buy ski outfits, for instance. January and August are good months to buy furs. There are three major periods for store-wide clearance sales: after Easter, after July 4, and after Christmas. These are excellent times to pick up clothes as well as a long list of other items—although you may run into shortages of styles, sizes, and colors if you don't shop as early as you possibly can in the sale (if possible, the day it begins).

List the clothing items of standard styles you know you will need during the next six to 12 months. Budget your cash and your credit so you have the funds to buy the items you need and want during the clothes-buying seasons.

Of course, bargains also turn up at odd times through the year because of special circumstances—a store going out of business or into business or moving, an anniversary celebration, an unusual holiday, etc. You can always use these special opportunities to buy items you know you'll need later.

A warning is necessary at this point, though: Watch out for those "going-out-of-business" sales on clothes. They can be phonies—and you can spot one if the sale has been going on for months or even years.

2. Buy certain items in quantity—and save 10 to 30 percent.

If, say, you buy one pair of stockings or panty hose or one pair of socks, a single run or hole can mean a total loss. But if you buy six pairs of the same type and color, you can match what is left and prolong the useful life of each item. (You can cut one leg out of a pair of panty hose when it runs, then one leg out of another pair, and wear both "good legs.") Buying in quantity is particularly practical if yours is a large family. Much clothing is sold on a "three for X dollars" basis.

3. Buy standard sizes. If you're buying a man's sport shirt you will save by buying a small, medium, or large size. The price goes up when you buy shirts in more detailed neck and sleeve sizes. This principle holds true for socks, gloves, and many other types of clothing and accessories—men's and women's.

4. Find and patronize economical clothing stores. Chain stores and mail-order houses are excellent for such "stapes" as jeans, underwear, shirts, athletic socks, sneakers, boots, pajamas and nightgowns, scarves, belts, and work clothes. Discount stores vary and stocks within individual discount stores also vary but they are worth a very serious check—particularly Army-Navy stores and "factory discount stores" which are outlets for slightly irregular items or oversupplies at drastic markdowns. Savings run approximately 25 percent at the typical self-service, cash-only discount store, and often more. Your key questions in shopping at a discount store should be: How does quality compare with other stores?

The construction of a chair often dictates the method of restoring. Expect to pay more for tufted or channel-backed chairs or sofas than you'd pay for a simple style.

Q. What are the comparative costs of reupholstering and buying a new chair?

A. It can cost as much as $150 to $200 to reupholster a wing chair. A new one of average quality runs about $200 and up. The key to your choice would be the quality of the frame and springs of your chair or couch compared with that of a new piece.

Q. Are the rug/carpet sales any good?

A. Yes. And you can save from 20 to as much as 50 percent on carpets and rugs if you wait for the periodic sales which take place in January-February and July-August. Most department stores and long-established rug stores have legitimate sales at least annually, during which you can save up to 20 or 25 percent. Sometimes, too, you may be able to find an item that is being discontinued by the mill at savings up to 50 percent. But deal only with reputable stores.

How does each store handle customer complaints on defective or unsafe merchandise? Look carefully, too, into local thrift, charity and consignment shops, where you may buy next-to-new well-made and high-fashion secondhand clothes at very low prices.

5. Learn the various departments of your stores. Within a given department store, check into the different departments and what type and price merchandise each carries. The bargain basement *may* carry designer clothes as well as bottom-of-the-line seconds, but this department usually specializes in high-volume, low overhead, low-markup business. Durability is stressed more than style. Although low-priced irregulars and seconds are often available in bargain basements, don't assume that prices are always lower in the basement than upstairs. Check the prices as well as the quality carefully. Upstairs, you'll find a wide price range as well. If you can find a dress you like in the department store's sportswear department, it may cost less than one of comparable quality in the dress department.

If clothes from the teen-age department are appropriate for you, and fit you, they'll probably be less expensive, too.

6. Look without prejudice at clothing seconds. As a general rule, the bigger the flaws in clothing seconds, the greater will be the price cut. The key point you must consider before buying seconds is whether the flaw is "basic" or simply on the surface. Will the blemish significantly reduce the item's usefulness, attractiveness, or durability? Can the defect be easily and inexpensively repaired? If the answers are favorable to the purchase, it could be an extraordinarily good one for you.

7. Steer away from frills, especially on utility items. As an illustration, a sweater with a lavish belt or fur collar will be far more costly than the same sweater without the extras. The simple sweater also will be more useful, for the simpler it is the more occasions you'll be able to wear it (and the more you'll be able to dress it up or down on your own).

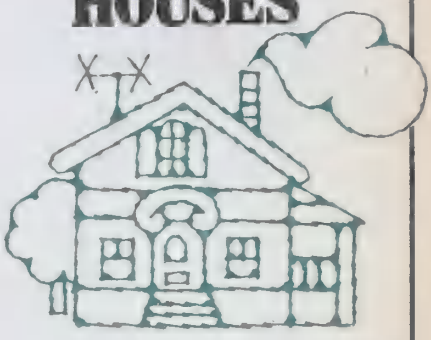
8. Match prices against utility. For instance, if you have young children, the mortality rate on play clothes will be exceedingly high. Thus it's smart to get them at rock-bottom prices. You can extend this rule to a wide range of clothing purchases for every member of your family, particularly in sports clothes. And, incidentally, remember this rule if you shop for your husband. Don't push him into the latest "peacock revolution"—wild frills, rainbow-colored shirts, newfangled shaped suits—if that's not where he's at.

9. Buy children's clothes by size, not age. Buy according to *your* child's height and weight. Buy clothes that have room for growth as your child grows (i.e., deep hems and pants cuffs, adjustable straps on overalls and jumpers, elastic waistbands, raglan sleeves). Buy clothes that are durable and don't show wrinkles and dirt too readily. And don't impose *your* adult tastes on your child.

10. Use credit plans with caution. You can easily overspend with easy charge plans. You also may miss sales opportunities in other stores because you're still paying off old bills to the store in which you have the revolving charge account. But if you have charge accounts at various stores you'll often get *advance* notice of special customer clearances—and you can use them to get bargains.

Many department stores and clothing shops hold private "courtesy days" sales for charge-account customers a week or so before advertising them widely to the public. If you have charge accounts, you'll be on the stores' mailing lists for special announcements and you'll have first pick of the sale items.

HOW TO FIND "BARGAIN" HOUSES



You might find a bargain on a property on which the mortgage has been foreclosed. This could be a house that a bank or other lender is eager to sell before the house starts to deteriorate from disuse.

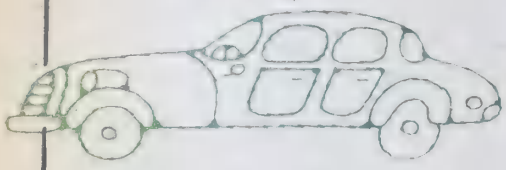
Or you might find housing bargains at the outskirts of a suburb, in the path in which the population appears to be moving. You won't have all the conveniences of the suburbs, such as superhighways and shopping centers. But you will find lower property taxes and lower land prices.

Or you could find house bargains in a neighborhood that is now run down but which was attractive once. Washington's Georgetown district and New York City's Greenwich Village are classic examples of formerly depressed neighborhoods that have become ultrafashionable and ultraexpensive. This area of bargains can be exceedingly tricky and dangerous, though. You must be able to distinguish between a run-down neighborhood in line for rebirth and a deteriorating section doomed by a new superhighway, housing project, factory or other development.

Or your source of bargains could be the house with several unfinished rooms that deter other buyers but which you would be perfectly content to finish off later.

And finally, there's the charming "freak house" or the crazy combination of Victorian and colonial, which has been on the market for months or years and has been knocked way down in price. If you are willing and able to invest the necessary amounts to restore and modernize it, if your family finds it comfortable, and if you plan to live in it for quite a few years, the "freak" you fall in love with may be a perfect answer for you —and available at a real bargain price, too. This goes even though you, in turn, may have a tough time selling your freak at the price you think it's worth years hence.

YOUR CAR: HOW TO GET MORE MILES PER GALLON



You need not be an expert to increase your gas mileage about 30 percent above the average. To measure your gas consumption, have your tank filled so you can see gasoline in the filler pipe, record the odometer reading, and drive until the tank is nearly empty. Then refill the tank and again note the mileage reading. Divide the miles you have driven by the number of gallons in the second fill-up; this gives you your mileage per gallon. Repeat this process several times to give an accurate result, since variable factors such as head winds can substantially change the mileage you get from a single tankful of gas. Now:

- *Make a habit of driving smoothly and steadily. Jackrabbit starts gulp gasoline as do high speeds and quick speed changes.*
- *Keep your tires inflated to two or three pounds above the lowest recommended pressures listed in the owner's manual.*
- *Don't buy premium gas unless your engine requires it: even some of the fanciest cars today run on regular gas. In fact, except for automobiles with the most powerful engines, all cars will run well on* sub-regular *gas. The average motorist pays $50 to $75 a year on unnecessarily high octane gas. Moreover, using a higher grade than necessary needlessly increases air pollution by lead particles. Your owner's manual tells what octane rating your car needs.*
- *In winter, keep your gas tank as full as possible to reduce condensation of water vapor in the tank and the risk of a fuel line freeze-up.*
- *Instead of wasting gas on prolonged warm-ups in winter, start off slowly and increase your speed as the engine warms up.*
- *In winter or summer, turn off the engine whenever it is not needed to move the car. A minute of idling uses more gas than it takes to restart. Idling usually uses nearly a gallon of gas an hour, increases pollution, and may clog your engine.*
- *Don't fall for what one expert calls "additive madness"—the slew of "new," "scientific" products that you simply pour into your gas tank or oil supply or clip onto your motor and which are advertised in glowing phrases. To illustrate, the promoters claimed one typical "mileage booster," costing $3.98, would convert plain air into "high-powered fuel" and save you up to 1,000 gallons of gas a year. The ingenious promotion pointed out that 70 percent of the gas you put in your car is "wasted" and, to prove it, the ad suggested a simple test: place a wad of cotton on your exhaust pipe and notice how quickly it becomes soaking wet. But the moisture coming out of the exhaust pipe is not gas. It's water condensation. Another fact is that, in some cases, independent laboratory tests show the "miracle" additives and gimmicks actually* decrease *the efficiency of gas in your tank.*

Aren't there, then, any "aftermarket" items that can really help us get more miles per gallon? Yes:

A first item is a comprehensive shop manual. This will make it possible for you, if you're at all handy, to keep your car in proper tune. Another item is a "vacuum gauge," an accessory that will tell you when you are applying more gas pedal pressure than you need to, consistent with the most economical operation of your car. And one gasoline additive that does have merit in cold, wet winter climates is gas-line anti-freeze, which prevents water condensed in your gas tank from freezing the fuel line.

- *Under no circumstances should you try to extend your weekend cruising range by having accessory fuel tanks installed in the trunk of your car. A car's trunk is among its most vulnerable areas, and in a rear-end collision a trunk-mounted gas tank might rupture and cause a fire. In addition, Federal Environmental Protection Agency rules make it illegal for an automobile dealer to install an accessory gasoline tank that does not meet present standards.*

Also, if an auto dealer is found tampering with any of the emission control devices on new cars, the same fine could be the punishment. And if you, the motorist, either remove the devices yourself or have them removed by an independent mechanic you're possibly liable too.

On top of the possible fine, you face a stiff complete engine-rebuild bill if you are to gain anything. The reason is that present emission systems are functional parts of the engines and the simple removal of one or two components might actually result in a decrease in mileage or not improve it at all.

- *Be your own auto mechanic whenever possible, if you're capable and so inclined. Do-it-yourself auto service centers, which rent repair bays and tools (at $3 to $4 or so an hour, depending on the equipment you use), make it easier to do at least some of your own work. They may even provide free advice if you run into problems. If there is no such facility in your area, there may be one soon: the idea is catching on fast. Savings, even after rental fees, can run to 75 percent on some jobs.*

FOUR SIMPLE FORMS TO HELP YOU CREATE A BUDGET

You are about to create a personal money manager that, no matter what your income, will do four things:

1. Tell you where your money is coming from—and when.
2. Provide for the necessities first, then the comforts and self-improvements, then the luxuries—when you have the money to spend for them.
3. Give you a means for saving—a plan to pay off debts or to keep out of debt.
4. Build good habits for spending—for today and tomorrow.

You can do this job very successfully if you, as a family, will learn to complete four simple forms.

Form I. How I get my income.

Form II. Here is what I must put aside to cover my unavoidable expenses and my savings.

Form III. Here is where I find how much I have available for my day-to-day expenses.

Form IV. Here is how I will actually spend the money I have available for my day-to-day expenses during this period.

The key to a good system of money management lies in spreading your big expenses and your savings so that each month bears a share of them. When you put aside $20 every month to meet a $240 yearly insurance premium, for instance, you will not risk spending that insurance money on an unnecessary luxury. **End**

LADIES' HOME JOURNAL
WOMEN OF THE YEAR, 1975
Help us select this year's women of achievement

Ladies' Home Journal again selects the outstanding women of the year from nominations by our own readers. Fill in the forms as described on the next page. Mail by February 28 to WOMEN OF THE YEAR, 1975, LADIES' HOME JOURNAL, 641 LEXINGTON AVENUE, NEW YORK, N.Y. 10022. Your participation is vital, so check off your preferences, and assist our distinguished jury in the final selection of women leaders. (Note: You may make additional nominations as described in instructions.

GOVERNMENT & DIPLOMACY

In posts of major responsibility at all levels, their talents and experience are invaluable.

- ☐ **Catherine May Bedell** *Chairman, U.S. Tariff Commission.*
- ☐ **Shirley Temple Black** *U.S. Ambassador to Ghana.*
- ☐ **Catherine East** *Director, President's Advisory Committee, Status of Women; specialist in equal-rights legislation.*
- ☐ **Elinor C. Guggenheimer** *Commissioner, Department of Consumer Affairs, N.Y.C.*
- ☐ **M. Elizabeth Hanford** *Federal Trade Commissioner.*
- ☐ **Major General Jeanne M. Holm** *First woman Major General in the U.S. Armed Forces; Director of the Secretary's Air Force Personnel Council.*
- ☐ **Shirley Hufstedler** *Judge, U.S. Court of Appeals, Ninth Circuit, West Coast.*
- ☐ **Patricia Hutar** *U.N. Commission on the Status of Women.*
- ☐ **Jewel LaFontant** *Deputy Solicitor General, Department of Justice.*
- ☐ **Carol C. Laise** *Director General of Foreign Service, U.S. State Department; former U.S. Ambassador to Nepal.*

POLITICAL LIFE

From precinct to state office to Congress, they prove their political ability and leadership.

- ☐ **Ella Grasso** *Governor of Connecticut; first woman to be elected Governor on her own record.*
- ☐ **Janet G. Hayes** *Mayor of San Jose, Cal.; veteran city council member.*
- ☐ **Elizabeth Holtzman** *Member, House of Representatives, New York.*
- ☐ **Barbara Jordan** *Member, House of Representatives, Texas.*
- ☐ **Mary Margaret Heckler** *Member, House of Representatives, Massachusetts.*
- ☐ **Mary Anne Krupsak** *Lieutenant Governor of New York.*
- ☐ **Helen Meyner** *Member, House of Representatives, New Jersey, columnist.*
- ☐ **Judge Susie Sharp** *First woman elected Chief Justice, Supreme Court of North Carolina.*
- ☐ **Mary Louise Smith** *First woman Chairman of Republican National Committee.*
- ☐ **C. DeLores Tucker** *Secretary of State, Pennsylvania.*

BUSINESS & ECONOMICS

They represent the financial impact of American women, now major contributors to the health of our economy.

- ☐ **Jane Armstrong** *V.-P. Consumer Affairs, Jewel Foods, Chicago, Ill.*
- ☐ **Carolyn Shaw Bell** *Professor of Economics at Wellesley College; chairs Committee on the Status of Women in Economics Profession of American Economic Association.*
- ☐ **Mary Joan Glynn** *President, Simplicity Pattern Company; merchandising leader.*
- ☐ **Odessa Komer** *Vice-President of the United Automobile Workers.*
- ☐ **Juanita M. Kreps** *Vice-President and Professor of Economics at Duke University; member of the New York Stock Exchange.*
- ☐ **Tillie Lewis** *Founder of $100-million food-processing and diet-food enterprise; director of Ogden Corp.*
- ☐ **Madeline McWhinney** *President, First Women's Bank, New York City.*
- ☐ **Sylvia Porter** *Syndicated columnist; heads President Ford's WIN Committee.*
- ☐ **Ernesta Procope** *President, E. G. Bowman Co., Brooklyn, N.Y.; inner-city community leader.*
- ☐ **Muriel Siebert** *President, Muriel Siebert and Co.; first woman elected to the New York Stock Exchange.*

EDUCATION

They inform, guide and open horizons for others, from the earliest years through to the most advanced studies.

- ☐ **Joan Ganz Cooney** *TV producer (Sesame Street), President, Children's Television Workshop.*
- ☐ **K. Patricia Cross** *President, American Association of Higher Education.*
- ☐ **Dr. Adelaide Cromwell Gulliver** *Dean, Institute of African Studies, Boston University; social anthropologist.*
- ☐ **Dr. Matina Horner** *President, Radcliffe College.*
- ☐ **Mary Conway Kohler** *Director, National Commission on Resources for Youth, Inc.; former Southern California Judge.*
- ☐ **Marjorie Meinel** *Teacher and researcher in astronomy and geophysics, University of Arizona; expert on solar power.*
- ☐ **Grace Olivarez** *Director, Institute for Social Research and Development; Professor of Law, University of New Mexico.*
- ☐ **Barbara Sizemore** *Superintendent of Public Schools, District of Columbia; former teacher and principal.*
- ☐ **Dr. Virginia Trotter** *First woman U.S. Assistant Secretary for Education.*
- ☐ **Dr. Nina Woodside** *Director, Center for Women in Medicine, Medical College of Pennsylvania.*

(continued)

COMMUNICATIONS

Spreading the word, sharing the knowledge . . . these are the gifted women transmitting a whole new era.

- ☐ **Connie Chung** *CBS news correspondent, Washington, D.C.*
- ☐ **Helen K. Copley** *Publisher, San Diego* Union and Evening Tribune; *Chief Executive, Copley Newspaper Corp.*
- ☐ **Charlotte Curtis** *Associate Editor and Op-Ed page editor of* The New York Times.
- ☐ **Julie Nixon Eisenhower** *Associate Editor and TV personality.*
- ☐ **Lucy Jarvis** *TV documentary producer.*
- ☐ **Elizabeth Murphy Moss** *Vice-President of the Afro-American Co., publishers of chain of black newspapers.*
- ☐ **Sally Quinn** Washington Post *writer.*
- ☐ **Dinah Shore** *TV producer and talk-show hostess.*
- ☐ **Carol Sutton** *Managing Editor, Louisville* Courier Journal.
- ☐ **Helen Thomas** *UPI White House reporter.*
- ☐ **Melba Tolliver** *TV newswoman and anchor correspondent.*

QUALITY OF LIFE

Individual women, often in unusual circumstances, who by their example strengthen all human values.

- ☐ **Dorothy Day** *Exponent of social justice; religious leader.*
- ☐ **Betty Ford** *First Lady, long-time arts volunteer; Chairman, American Cancer Society* drive.
- ☐ **Celeste Holm** *Stage and screen actress; mental-health volunteer.*
- ☐ **Lady Bird Johnson** *Former First Lady, public affairs activist.*
- ☐ **Jill Kinmont** *Champion skier, injured 1955; now teaches remedial English, Hawthorne School, Beverly Hills, Cal.*
- ☐ **Alice Roosevelt Longworth** *Outspoken legend at age 90.*
- ☐ **Elizabeth Luce Moore** *Sustained, effective leadership in foundation and education work.*
- ☐ **Bess Truman** *Former First Lady, admired for dignity in public and private life.*
- ☐ **Cornelia Wallace** *Activist wife of Governor of Alabama.*
- ☐ **Lila Acheson Wallace** *Co-Founder of* Reader's Digest; *philanthropist; humanitarian.*

INTERNATIONAL LEADERSHIP: This special category has been added for International Women's Year, 1975. Here, the award will be presented by *Journal* editors, with the cooperation of the U.N. and our own U.S. authorities. Some of the women who will be considered are Indira Gandhi, Prime Minister of India since 1966; Françoise Giroud, French Secretary of State to the Premier for the Condition of Women; Justice A. R. Jiagge, Court of Appeals, Accra, Ghana; Imelda R. Marcos, First Lady of the Philippines; Golda Meir, former Prime Minister of Israel; Empress Farah Pahlavi of Iran; Queen Elizabeth II of Great Britain; Helvi Sipila, Assistant Secretary-General for Social Development and Humanitarian Affairs of the United Nations; Otilia Arosemena de Tejeira, President, Inter-American Commission of Women, Panama; Dr. Nedejda V. Troyan, President of the Executive Committee of the Alliance of Red Cross and Red Crescent Societies of the U.S.S.R. *Your nomination for submission to selection committee:*

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CREATIVE ARTS

Through their personal skills and creative abilities, these women make statements that enrich and inspire.

- ☐ **Colleen Dewhurst** *Stage and screen actress.*
- ☐ **Nancy Hanks** *Chairman, National Endowment for the Arts and National Council on the Arts.*
- ☐ **Rebekah West Harkness** *Founder and President of Harkness Ballet Foundation.*
- ☐ **Lillian Hellman** *Playwright, author.*
- ☐ **Marilyn Horne** *Opera star.*
- ☐ **Georgia O'Keeffe** *Painter; pioneer of American modern art.*
- ☐ **Liza Minnelli** *Singer and screen actress.*
- ☐ **Joni Mitchell** *Singer, songwriter, poet.*
- ☐ **Eve Queler** *Symphony orchestra conductor.*
- ☐ **Marlo Thomas** *Stage, screen and TV actress.*

HUMANITARIAN & COMMUNITY SERVICE

Working alone or through organizations to meet human needs, they are the often unsung heroines of our time.

- ☐ **Dolores Aguirre** *Pio Decimo Center, Tucson, Ariz. Works with minority women of all ages to find new creative outlets.*
- ☐ **Marilyn Bryant** *People Power. Minneapolis People's Power Conference, a youth-oriented volunteer organization.*
- ☐ **Day Creamer** *Founder, Women Employed, Chicago, Ill. Direct action for employment of minority women in better jobs.*
- ☐ **Julia Davis** *Mobilized volunteers for education and screening and detection of sickle-cell anemia, Chester, Pa.; inaugurated campus volunteer projects for elderly.*
- ☐ **LaRue C. Diaforli** *Dallas Business and Professional Women's Club; Helping women released from prison with jobs, housing, medical and dental care and counseling.*
- ☐ **Edith K. Frost** *President, Camarillo, Cal., Business and Professional Women's Club; cooperating with the Ventura School working with girls who have police records.*
- ☐ **Margaret Mickey** *President, Concern, Inc., a national consumers' association on environmental impact and pollution abatement, Washington, D.C.*
- ☐ **Carter Seaton** *Former Junior League volunteer, now professional director for Appalachian Craftsmen providing jobs for low-income women and creative pride in local patchwork crafts.*
- ☐ **C. Eudell Smith** *Organized parents to provide help and tutoring in troubled schools, Wilmington, N.C.*
- ☐ **Eleanor Wasson** *President, American Society of Directors of Voluntary Services, working with hospital volunteers.*

HERE'S HOW YOU PARTICIPATE: On these two pages, you will find eight categories structured to cover most aspects of modern women's lives. PLEASE CHECK THREE NAMES IN EACH CATEGORY. (If you prefer to make your own nomination, you may send a one-page typewritten summary describing the contributions of your nominee.) Tear out the complete page and mail to WOMEN OF THE YEAR, 1975, LADIES' HOME JOURNAL, 641 LEXINGTON AVENUE, NEW YORK, N.Y. 10022. Deadline, February 28, 1975. MAIL YOUR ENTRY EARLY, PLEASE. Our jury will make the final selection in March, and decisions will be announced in an early issue.

SIAMESE TWINS

continued from page 110

Farida Rodriguez could not bear to be at the hospital during the surgery; instead, she waited, frantic, in Diana Zimnoch's split-level home, getting bulletins every two hours. When Mrs. Rodriguez was finally informed that she had two complete little girls instead of one grotesque creature, she wept with joy—and has wept nearly every day since.

Following the operation, both little girls were placed in the same crib, and when they awoke Clara's first reaction was to reach out for her sister's hand. The doctors had been concerned about the possible psychological shock that separation would have on the twins, since they had shared the same body for 13 months. During the daytime attempts were made to wean them apart, placing them in separate carriages and jump seats where they could still see each other but play separately. At night the children always slept together.

Alta catches up

So far, the doctors say, they have witnessed no negative psychological effects at all. The major change has been in the personality of Alta, the smaller twin who was once so dominated by her larger sister. She has not only caught up in physical size (each twin now weighs 13 pounds) but instead of being cowed, Alta has become as aggressive as her sister and, in Dr. Koop's opinion, has developed the more engaging personality of the two. Both girls are far less placid than when they arrived at Children's Hospital; they readily throw kisses to anyone who asks and say "bye-bye" to anyone who leaves. Now, however, somewhat to the distress of their Spanish-speaking mother, they respond only to English, but doctors expect that situation will change once the babies return to the Dominican Republic.

The timing of that return has caused considerable upset and anxiety. Nearly everyone connected with the case worries about the primitive setting of the Rodriguez home (although the family hopes to move into a house with electricity and sanitation).

Dr. Koop takes a more relaxed attitude. "What you must understand," he says, "is that they developed immunities all on their own during their first twelve months—under pretty terrible conditions: they'll probably do better back among their own germs and viruses than either you or I would." He has also made arrangements for the twins to receive protein supplements and other foods through a medical assistance program.

Ironically, Clara and Alta ran into trouble with *American* germs their very first week out of the hospital, when they picked up a typical intestinal bug possibly brought into the Zimnoch household by the flood of joyous visitors who could not wait for a glimpse of the twins. Less than a week after her release from Children's Hospital, Alta returned to undergo an operation to remove an intestinal blockage, and Clara returned a few days later with severe diarrhea and vomiting. This was the first time the twins had spent any time apart, but they seemed to show no adverse reaction. But then Clara checked into the hospital, rejoining her sister. Alta, who had become rather placid, now lit up at the sight of Clara—reaching out for her and clapping her hands delightedly.

Assuming they make a complete recovery, the twins still have a lot of physical catching up to do. Both have just started to crawl and, because their legs were unused for so long, they still look spindly and undersized. A month and a half after the initial operation, Clara had to undergo additional surgery to reshape her pelvic bones to enable her to walk—a procedure which had been done on Alta during the original separation. Physically they are now at the level of a normal six-month-old baby, but Dr. Koop, who is a godparent to the twins, expects that they will spurt ahead, and probably be walking within six to eight months.

"I believe in God, and I believe in heaven, and right under that I believe in Dr. Koop," Farida Rodriguez says, her voice trembling with emotion. His picture is the only one that hangs on the wall in her simple home. **End**



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Also, you receive the photograph of an individual child in that project, his or her name and address, and the privilege of corresponding on a one-to-one basis. The child will answer your correspondence and you will get the original letter and a translation. If the child is unable to write, staff workers or family members help.

Approximately 82% of your monthly $15 sponsorship payment currently is sent to the project and is pooled with funds from other sponsors helping children in the same project.

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SUMMARY OF FINANCIAL ACTIVITIES
For the Fiscal Year Ended June 30, 1974

	Percentage of Total Income	Amount
INCOME:		
Public support:		
Sponsorship contributions	80.3%	$23,011,723
Other	11.3	3,229,105
Bequests	1.2	359,261
Total Public Support	92.8%	$26,600,089
Other support:		
Contributions from Christian Children's Fund of Canada	6.1%	$ 1,736,485
Grants from foreign governments	—	10,723
Total Other Support	6.1%	$ 1,747,208
Total Support	98.9%	$28,347,297
OTHER INCOME:		
Investment income	1.2%	$ 351,110
Gain (loss) on investment transactions	(0.4)	(110,748)
Gain on sale of property	0.3	80,342
Miscellaneous	—	(2,588)
Total Other Income	1.1%	$ 318,116
TOTAL INCOME	100.0%	$28,665,413
EXPENSES:		
Program services:		
Assistance to homeless children	10.9%	$ 3,119,215
Family support and services	64.8	18,568,962
Program administration	5.8	1,671,533
Total Program Services	81.5%	$23,359,710
Supporting Services:		
Management and general	8.7%	$ 2,504,971
Fund raising	9.5	2,712,574
Total Supporting Services	18.2%	$ 5,217,545
TOTAL EXPENSES	99.7%	$28,577,255
EXCESS (DEFICIENCY) OF INCOME OVER EXPENSES	0.3%	$ 88,158

This summary was prepared from the report of the independent certified public accountants.

TV VIOLENCE

continued from page 73

would involve 400,000 people. Or if it were only one in 10,000, it would involve 4,000 people—plus their victims.

Some parents believe that if their children are suitably loved, properly brought up and emotionally well-balanced, they will not be affected by TV violence. However, psychiatrist Fredric Wertham responds to this by noting that all children are impressionable and therefore susceptible. We flatter ourselves if we think that our social conditions, our family life, our education and our entertainment are so far above reproach that only emotionally sick children can get into trouble. As Dr. Wertham points out, if we believe that harm can come only to the predisposed child, this leads to a contradictory and irresponsible attitude on the part of adults. Constructive TV programs are praised for giving children constructive ideas, but we deny that destructive scenes give children destructive ideas.

It should also be noted that the "catharsis theory" in vogue a few years ago, which suggested that seeing violence is good for children because it allows them vicariously to discharge their hostile feelings, has been convincingly discarded. Just the opposite has been found to be true. Seeing violence stimulates children aggressively; it also shows them how to commit aggressive acts.

The author of this article has conducted research studying the "desensitization" of children to TV violence and its potential effects.

In our University of Utah laboratories, we set up two six-channel physiographs which had the capacity to measure emotional responsiveness in children while they watched violent TV shows. When most of our subjects saw violent films, those instruments measuring heart action, respiration, perspiration, etc., all hooked up to the autonomic nervous system, did indeed record strong emotional arousal. We studied 120 boys between the ages of 5 and 14. Half had seen little or no TV in the previous two years (hence had seen little media violence), and the other half had seen an average of 42 hours of TV a week for the past two years (hence a lot of violence). As our violent film, we chose an eight-minute sequence from the Kirk Douglas prize-fighting film, *The Champion*, which had been shown many times on TV reruns but which none of the boys tested had ever seen. We considered other, more violent films, but they were too brutal, we felt, to be shown to children—even for experimental purposes. The boxing match seemed like a good compromise. Nobody was killed or seriously injured. Nothing illegal occurred. Yet the fight did depict very graphically human aggression that was emotionally arousing.

These two groups of boys watched our film while we recorded their emotional responses on the physiograph. The results showed that the boys with a history of heavy violence watching were significantly less aroused emotionally by what they saw—they had become habituated or "desensitized" to violence. To put it another way, our findings suggested that the heavy TV watchers appeared to be somewhat desensitized or "turned off" to violence, suggesting the possibility of an emotional blunting or less "conscience and concern" in the presence of witnessed violence. This means that they had developed a tolerance for it, and possibly an indifference toward human life and suffering. They were no longer shocked or horrified by it. It suggested to us the many instances of "bystander apathy," in which citizens in large urban areas have witnessed others being assaulted, yet did not come to their rescue or try to secure aid or help. Or incidents such as the My Lai massacre, in which American soldiers killed Vietnamese civilians. This suggests an unfeeling, indifferent, noncaring, dehumanized response to suffering or distress.

In any event, our research has presented the first empirical evidence that children who are exposed to a lot of TV violence do to some extent become blunted emotionally or desensitized to it.

Since our children are an important national resource, these *(continued)*



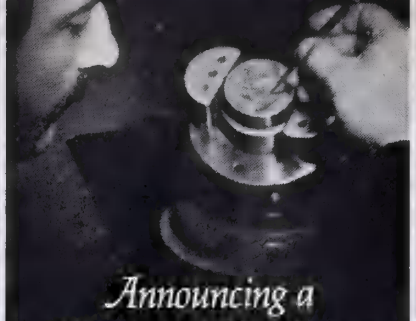
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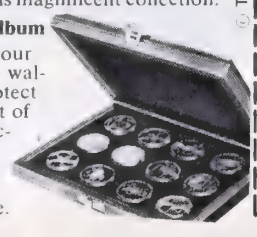
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findings suggest that we should teach them wisely. The kinds of fantasies to which we expose them may make a great deal of difference as to what kind of adults they become, and whether we will survive as a society.

The author, who is a psychotherapist and who treats many damaged children and families, was then faced with the problem of what to do about his own TV set and his own children, who regularly watched TV and had their favorite programs. The evidence had been stacking up in my laboratory—so what should I do about it at home? The thing that finally turned me from being the permissive, tolerant, "good-guy" dad to the concerned parent was the realization that whenever my children looked at TV for any lengthy period, especially violent action shows, they became frequently touchy, cross and irritable. Instead of playing outside, even on beautiful days, discharging tensions in healthy interaction with others, they sat passive for hours, too often hypnotized by whatever appeared on the tube. Frequently, homework didn't get done, chores were neglected, etc. One Saturday morning I was shocked to find my bright, 15-year-old son watching cartoons for four straight hours, having let all chores and other responsibilities go. It was then that we finally decided to turn off the TV set on a relatively permanent basis.

"No TV" is a turn-on

When we announced this decision, we found ourselves faced with a family revolt. There was much wailing and gnashing of teeth. It was as if the alcoholic had been deprived of his bottle, or as if we had suddenly announced that no more food would be served at our table.

However, the "storm" lasted only one week. Interestingly, during that week, the children went outside and played with each other and the neighbors much more, a lot more good books got read, homework was done on time, chores got finished, and the children got along with each other better. And very interestingly, the complaints about "no TV" suddenly stopped at the end of that week. Now, several years later, we do occasionally look at TV—some sports specials, a good movie, something required for school, even a mystery. But it's almost never on school nights—and it is no longer an issue in our home. Nobody feels deprived. It's now just not a major part of our lifestyle.

It should be stated, in all fairness, that television has the potential for great good—to teach children pro-social values and behavior, such as sharing with others, controlling one's impulses, solving problems through reason and discussion, being kind and thoughtful. Such programs as *The Waltons* suggest to me that such content can have wide popular appeal and be commercially marketable—if done with talent, care and commitment. In other words, television could be used for far more constructive programming than we have seen in the past. For the time being, parents should, in my judgment, be very cautious about what they expose their children to on television (as well as in movies). If something particularly objectionable is broadcast during children's prime-time hours, there are three things that can be done: 1) turn the television set off; 2) phone your local station expressing your concern; 3) write to the program's sponsor, indicating your objections (the firm's address will be found on the label of his merchandise).

The evidence is clear: a child's mind can be polluted and corrupted just as easily as his body can be poisoned by contaminants in the environment. Children are essentially powerless to deal with such problems. This means that the responsibility for effecting change rests with every adult citizen. Meaning you. Meaning me. Meaning us. **End**

Victor B. Cline, Ph.D., professor of psychology at the University of Utah, is the author of *Where Do You Draw the Line? Explorations in Media Violence, Pornography and Censorship (Brigham Young University Press).*





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THE SEASONS

continued from page 77

room, so newly hers, like a visitor curious about structure and furnishings. In the kitchen, she hesitated before pouring her coffee, having forgotten for a moment where the mug hooks were. When the phone rang, she could not quite remember where it was but followed the jangling ring as a blind person might.

It was, after all, the first house she had lived in. She was a child of the city, geared to elevators and lobbies, row upon row of mailboxes and the sounds of other people's lives rushing by beyond her walls. She liked looking down from high windows and watching the movement and traffic below, knowing that within minutes she could be part of the scene on the street.

The sadness that came as the house emptied now lingered. She turned to look out the front window, the wide first-floor window that had gleamed in the sunlight the day they first saw the house. It had been a spring day and when the window opened the sweetness of new grass had rushed toward them. Now, on this late October day, the dogwood was bare and the weathered grass was slowly dying its annual death.

The street was empty, each house set high above its lawn, an isolated silent fastness. There was life in those houses, she knew. On one lawn a baby carriage had been set and faced to capture the pale sun. Several cars were parked in front of the large Tudor house diagonally across the street from her and there, Marion knew, a meeting was in progress. Women, dressed in pastel-hued pantsuits, drank coffee, ate small cheesecakes and worked on index cards and small notebooks, planning theater parties and newsletters, library exhibits or a re-evaluation of the reading-readiness program.

Marion had been invited to such meetings but she had not yet gone, professing an interest but offering an excuse. Furniture was being delivered, an appliance repairman was coming. She had work to do, an assignment. The words gave her pleasure, hope. That part of city life still belonged to her. She was a graphic artist, free-lancing now. Several times a month she took her great black leather portfolio, took the train to the city and darted from taxi to office building, from studio to conference room. Even now the layout for an advertising display was pinned to her drawing board, but she did not go upstairs. She searched instead for her car keys, made mental note of various errands, slammed the great oak door behind her and went out into the street.

The suburban silence assaulted her.

Across the street, on the lawn of a white colonial house that overlooked a sloping lawn, a woman was gardening. Marion watched as she smoothed the earth over a newly inset bulb and reached into her gardening basket for a trowel. Seeing Marion, she rose, wiped her hands on her faded dungarees and walked across the street.

"I've been meaning to introduce myself since you moved in," she said, smiling pleasantly, and Marion saw at once that she could come to know and like her. "I'm Edna Keating. I've always loved your house, and I know you'll be happy here. Won't you come over for coffee when you're a bit more settled? Any time—just ring the bell."

"I'd like that," Marion said and Edna Keating smiled again, waved and returned to her planting.

The brief exchange soothed Marion

nd as she waited for the car to warm up he watched a group of young women valking down the street. They were ressed in short white tennis skirts and vore heavy pale cardigans. Each carried tennis racket and a wide colorful can-as bag. They got into a small red car, heir kerchiefed heads bent together in arnest exchange, the car's exhaust puff-ng impatient clouds of dark smoke be-ind them.

Marion followed them for a few blocks ntil they turned off at the tennis courts, nd she continued on to the highway hat wound its way along forested banks ordering the narrow river that flowed hrough the county.

The leaves had begun turning the veekend before and in a few days they vould reach full color. Now they hung n a blaze of gold and russet, still immed with shining green.

Marion had meant to turn off at a earby shopping center but she drove n, mesmerized by the mood of the all morning. She had driven in other ears, during this season, down similar ree-shaded highways. She remembered utumn rides for weekends home from er New England college.

The changing season then had meant kind of hope to her. The year tretched ahead and she thought of lec-ures and football games, of exams and apers, meetings and parties.

She had traveled this same highway er senior year with the boy to whom he had then been engaged. They had alked during that trip, the car windows pen and the leaves rustling outside, of ll the things they would do. They vould live in Europe. They might join he Peace Corps and work in India. She vould study painting in Paris while he, student of architecture, would study rban planning at the Sorbonne. They ecited scraps of poetry to each other nd sang a South African folk song that ad been popular on their campus that all.

"Far beyond your big stone wall,
I hear other voices call."

Their voices rose and fell against each ther and they sat close together, her and nestled in the pocket of his jacket, is fingers now and again brushing hrough her short hair.

She had not married that boy and hey had never traveled together in Europe. He had, she knew, gone to Paris alone and studied briefly at the Sorbonne, but returned after six months suffering from mononucleosis. He had aken a job in the midwest and married a classmate of hers. They lived now in a suburban town not unlike the one she and Donald lived in and were the par-ents of twins. The bright dreams he and Marion had woven together had un-wound skein by skein in their separate lives. They had sailed their separate ways, with different mates, to similar silent suburban shores. It was in these tree-lined, house-bound moorings, where women batted tennis balls against the crisp winds of autumn and men with attaché cases walked to the station with determined step, that dreams of youthful years had ended.

Sad, and impatient with her sadness, Marion pressed down on the accelerator and switched on the radio, moving the indicator from station to station until she found one that played soft mood music. The tune now playing had been popular the winter she and Donald had met and she hummed along, swerving easily to avoid a squirrel that darted across the road.

They had danced to that tune at a friend's wedding, fingers tightly intertwined, and she remembered now the certain warmth that had surged through her as they swirled by the bride in her hoop-skirted white gown, smiling and laughing with blind gaiety at guests who saluted her with their half-filled glasses.

"We don't want a big wedding, do we?" Donald had whispered in her ear.

"No," she agreed and knew intuitively that the warmth had come from the knowledge that they would be married, that marriage was a safe harbor they had been drifting toward through the months of quiet dinners, the Sundays walking through art galleries, the long, hot weekends at Fire Island and the slow, evenly

(continued)

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paced bicycle rides through Central Park.

She had not thought of their marriage as a harbor then. There was no talk of adventures in India or learning idylls in France, but there was the assumption that their life together would soar high with excitement and eagerness, that they would cruise together on a current of shared adventure and discovery.

And they had, in their way, fulfilled that assumption, Marion thought, and noticing that her fuel gauge was running low, she turned off the highway. The nearest village was only a few miles from Long Island Sound and while she waited at the gas station she sniffed the fresh salt smell of the sea. She did not turn back to the highway but drove on until she reached a narrow street where the sound of the waves, hurling themselves against the rock ledges of a sheltered inlet, was clear and rhythmic.

She parked there and, following the sound of the waves, walked out toward the beach. The waves rolled quietly in here, their force broken by the barricade of rocks. Subdued, their foam spilled out onto the pebbled shore and was absorbed by the coarse-grained sand just in time for the next onset of waters.

Their pattern reminded Marion of the first years of their marriage. Like the wild waves that broke quietly at the sheltered shores, they too had ridden high, dashing after fun and adventure, and then returned home to quietly savor their time together. They had both been launching their careers, Donald as a consulting engineer and Marion as a graphic artist. They had rushed off to new projects, buoyed up with the excitement of doing something new and different, of achieving the recognition they had trained for, and returned home to quiet satisfactions. There had been the furnishing of the first apartment, the fun of finding it and putting it together.

The arrival of each child had seemed a pleasant lull, a temporary harbor, safely gained, to be enjoyed until the voyage resumed with all its adventure and vagary.

And then slowly, they began to encounter small reefs of trouble. The children reached school age and the school in their area was overcrowded and inadequate. The building in which they lived was sold and the new landlord instituted minor improvements and asked a rental that caused Donald to wince and sent her own heart plunging. And the apartment itself was too small and seemed to grow smaller every day.

She and Donald talked about it, each uncertain of what the other wanted.

(continued on page 138)



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LYNN HEADLEY–EDITOR



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Then, each year Canadian and Norwegian sealers come with their clubs. The nursing seal pups cannot get away—less than one week old, they are too young to swim. Most never do. The pups are clubbed and skinned before their mothers' eyes. The pelts are destined to become luxury furs and leather.

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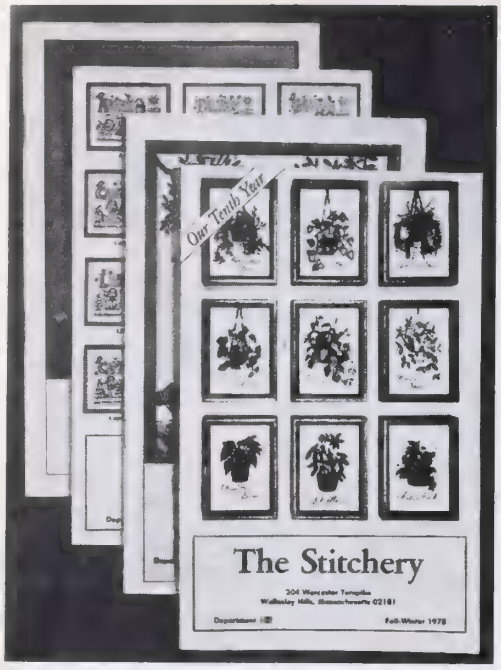
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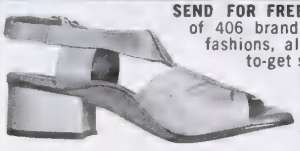
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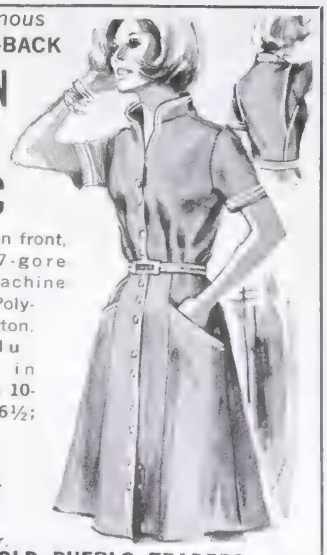


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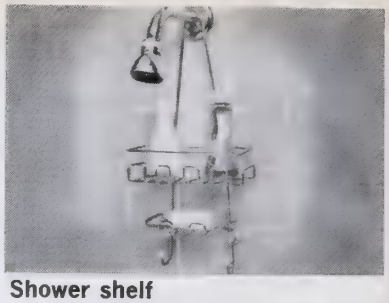
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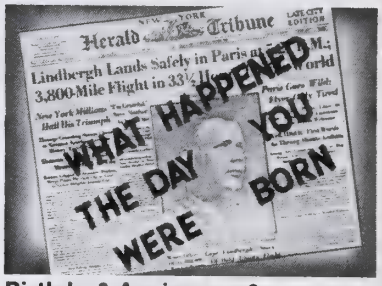
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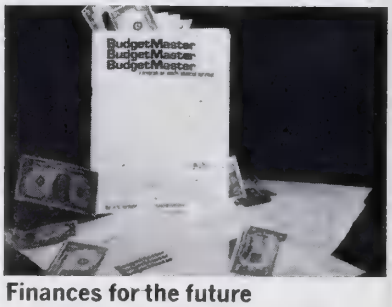
Shower shelf

Luxurious chrome caddy for the shower easily snaps on shower head. Two suction cups on bottom hold firmly to wall. Large tray with gallery railing for bottles; soap dish for any size bar; and, 2 large hooks for wash cloth, etc. 18x 8½x3½". $6.98 plus $1.19 hdlg. Gift catalog, 50¢. House of Minnel, Dept. 625E, Deerpath Rd., Batavia, IL 60510.



Birthday? Anniversary?

Why not get or give a "back then" dated front page copy of the *New York Herald Tribune*. You pick the date, any day from January 1, 1900, through December 31, 1964. It's nice to recall or find out the *other* big news of that very special day. $2.25 each. Holiday Gifts, Dept. 1702-C, Wheatridge, CO 80033.



Finances for the future

"Budget Master Family Financial Survival Guide" is a family financial service that gives a simple, unique system for budgeting and managing your money. Guide with easy-to-use worksheets shows how to make income exceed expenditures to equal cash surplus. A fine program. $4.95. Budget Master, LH2, 146 W. 25th St., New York, NY 10001.



Baby's first shoes?

Why not have them bronze-plated in solid metal as ■ forever memory! $3.99 a pair. Also, portrait stands (shown), TV lamps, bookends at big savings. Send no money. For details, money-saving certificate, postpaid mailer, write: American Bronzing Co., Box 6504-B6, Bexley, OH 43209.

An interview with Anne Blake at Los Angeles, California



"Look at me— I gained 5 full inches on my bustline with the Mark Eden Developer."

"And I was so surprised—I had never been larger than 33 in my whole life—and suddenly, with this program I found myself filling out and gaining, lifting and firming—2 full inches in the first 3 days—it was amazing!"

Q. "Anne, was that a permanent gain or merely a temporary increase?"

A. *"Not only was it permanent, but that 2 inch gain was just the beginning. I kept on with the Mark Eden program a bit longer and gained 3 more inches. When I started, my bustline was 33—now it's 38. A total gain of 5 inches. The most amazing thing about this bust developer is—it really works!"*

Over two million Mark Eden Developers have been sold to women who, like Anne, want fuller, shapelier bustlines. For thousands Mark Eden has transformed flat bustlines into firm, shapely fullness. For many others it has reshaped the drooping look into a tauter, smarter, younger silhouette.

Q. "You have a very attractive figure, Anne, do you ever go braless?"

A. *"Yes, I do but before I used Mark Eden I never went braless. Even though I had only a 33 inch bust, gravity had begun to take its course and I felt that I would sag a bit without a bra, but now..."*

Q. "Now your bustline is 5 inches larger and you don't appear to sag at all. How do you account for that?"

A. *"Everytime I used the Mark Eden Developer I could feel my bustline lifting and growing firmer. By the time I had finished, my bust was not only larger by far than it had ever been before in my life, but was also high, firm, full and shapely. I have become totally confident of my appearance and feel comfortable however I dress, with a bra or braless!"*

© Mark Eden 1974, 24970 Hesperian Boulevard, Hayward, California 94545

"A girl doesn't have to be flat-chested"



The Mark Eden Developer is not an artificial stimulator or a cream. It is an exclusive exerciser that employs special techniques safely and effectively. Mark Eden is the world's most successful bustline developer. Over two million Mark Eden Developers have been sold and every one covered by a complete Money Back Guarantee.

Q. "Your results have certainly been spectacular, Anne, do you think Mark Eden will work as well for other women?"

A. *"Oh yes! I've seen it happen—gains just as spectacular and just as rapid as mine have been. Before Mark Eden, there wasn't much a woman with a small or unattractive bustline could do to change her shape or size—but now, with Mark Eden, she has the choice of trying something that can give her a brand new and beautiful figure."*

For years Mark Eden has carefully documented and published the actual photographs of women who have achieved dramatic new bustline size and beauty and while we do not state that every woman will achieve results, thousands of women report that the Mark Eden Developer has given them the kind of bustline they've always dreamed of.

Q. "And this remarkable program is guaranteed?"

A. *"Yes, any woman who is not pleased with her results can simply send the developer back to Mark Eden for a complete refund."*

The Mark Eden Guarantee is your protection: If after using the Mark Eden Bustline Developer and Course for only two weeks, you do not see a significant difference in your bustline development, simply return the developer and course to Mark Eden and your money will be promptly refunded.

The Mark Eden Developer costs only $9.95 complete—you receive the fabulous Mark Eden Developer... you receive a complete course of instructions, fully illustrated by photographs, which shows and tells you exactly how to use this remarkable developer for your maximum results ... and you receive the MARK EDEN MONEY BACK GUARANTEE.

So if you want your bustline to be *larger, fuller, higher, firmer* send for your Mark Eden today.

Mark Eden

P.O. Box 7843 Dept. LH-34
San Francisco, CA 94120

Please **RUSH** me my Mark Eden Developer and Bustline Contouring Course. I understand that this course is complete and that there will be nothing else to buy, and that if I do not see satisfactory results in bustline development within two weeks, I can return everything to Mark Eden and receive my money back.

For the above complete course and Bustline Developer I enclose $9.95 plus .50 for postage and handling.

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No COD's accepted.
Shipped in plain wrapper.

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Address_____

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CIDER VINEGAR LECITHIN KELP & B-6

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Lecithin: A substance derived from vegetable oils that is actually a food, not a drug. In a recent experiment, a doctor found that Lecithin produced a decrease of as much as 30% in cholesterol and at the same time, tended to shift weight from one area of the body to another for a more streamlined silhouette.

Vitamin B-6: The fat-metabolizing vitamin that scientists have found works with body chemicals to balance and regulate body fluids to prevent water retention and bloat.

Kelp: Nature's great food mineral harvested from the ocean and our most reliable source for essential Iodine – so important in burning up fuel to melt fat accumulations away.

Cider Vinegar: Legendary solution used down thru the ages in weight control diets, is the basis for this outstanding new formula.

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ckie's Horoscope states r only possible fate as wealth and fame

By Tom Kennedy

Onassis, possibly the most famous woman alive to-
On July 29, 1929, she entered this world as all of us
helpless little baby. But Jackie was not destined to
ary individual. Astrologers examining her natal horo-
y agree, her only possible fate would be wealth and
at age 45 this prediction has become more than true.
look at her natal chart and see why.

ancer lays in the cusp of her eighth house. This indi-
e will marry a man connected with water. Her first
late President Kennedy, was a PT boat captain in
l and also enjoyed sailing. And of course her current
istotle Onassis, is a superwealthy shipping magnate.
tarian rising sign shows that she prefers foreign coun-
ple. Her husband, Aristotle, is Greek. And Jackie is
er jet-setting image.

he planets Jupiter and Venus symbolize money. The
se two planets fall in her seventh house, the house of
dicates that she will have a wealthy husband. John
d Aristotle were both wealthy.

ASTROLOGY AFFECTS US ALL

not the only person affected by astrology. Because
rn, you yourself have a unique natal horoscope, dif-
all others. I'll show you what it can mean to you by
ties for my examples.

l horoscope can help you discover your hidden tal-
e you the confidence to use them. When you think
Monroe, you probably picture the standard "dumb
symbol. Her horoscope shows that nothing could
om the truth. She had the potential to be a tremen-
and she knew it. Marilyn hated her sex symbol image.
n heeded the advice of her horoscope, and was re-
success. Her natal chart showed strong psychic and
es. She cultivated her talents and is considered the
hic of our time.

scope can advance your career and bring you wealth.
n of Robert Redford's natal chart to Paul Newman's
two stars to be very compatible. In real life they are
ends. Their horoscopes also showed that a joint ven-
be extremely profitable. BUTCH CASSIDY AND
ANCE KID and the STING, certainly bear this out.
hand, the timing of the movie, THE GREAT GATS-
movement of Robert Redford's planets were in con-
e went ahead and made the movie against the advice
ope. Box office results were certainly a lot less than

oscope can bring you love, romance, and improve
. Henry Kissinger's horoscope showed that if he was
ough, women would overlook his appearance. He
appeal, and dated some of the most beautiful women
His horoscope predicted his marriage to Nancy Ma-
t is more amazing, his chart told him that if he sta-
fe through marriage, he would be more successful in
ast negotiations.

Tommy Smothers is an avid believer in Astrology. He compared his horoscope with his future wife's before proposing. He then got married at exactly 11:58 PM, following the exact instructions of his astrologer.

Sometimes a small change can make a big difference. In Telly Savalas's case, he used his head. His natal horoscope attributes his charisma to his head. He shaved his head for the movie, THE GREATEST STORY EVER TOLD. His TV stardom in Kojak followed sometime later.

Your horoscope can help you stay in good health. Here is a story from a recent newspaper article in the Miami Herald's Sunday magazine. Mary Kelly credits astrology with saving her from an operation on her legs that would have left her crippled. "My doctor decided an operation was needed, and told me to check into the hospital Friday for the procedure on Monday. I consulted my astrologer. She told me to have the operation changed to Wednesday. I did this, and on Tuesday the doctor suddenly discovered a blood clot was causing the trouble. Had he performed the operation, as any doctor would have on Friday's symptoms, I probably would never have walked again."

THE TRUTH ABOUT ASTROLOGY

How does your natal horoscope work? An astrologer will chart the positions of the sun, moon, and eight planets as they appear above your place of birth at your exact time of birth. The placements and angular relationships of these bodies make up your natal chart. This means that someone born at the exact same time as you, but in a different city, will have a different chart.

The written interpretation and analysis of your chart is called your natal horoscope. Astrology is not fortune telling and your horoscope does not cause things to happen to you. Your horoscope analyzes your personality, and then tells you what things are most likely to happen to you. But remember, your free will can override events in your life, if you put your mind to it. In Jackie's case, she wisely chose to let fate run it's course.

As you've seen from the examples I've given you, some of the most famous people used their horoscopes to reach success, but in other instances ignored it and faced failure. There are thousands of different ways to achieve wealth, love, success and happiness.

A good example is Euell Gibbons, the naturalist, whose interest is plants. He has published several books and appeared on the Johnny Carson show. Many people consider him odd. But his career has bought him happiness and wealth.

Each and everyone of us is good at something no matter how odd one's talents may seem to others. Your horoscope will tell you what you're good at. So why beat your brains out on an area that you're not talented in, when an equal amount of time spent on something you're good at would put you much further ahead. Not only will you get ahead but you'll be relaxed and happy while you're doing it.

Your horoscope will give you an indepth analysis of your personality. It will point out your strengths and show you how to utilize them. It will also discuss your weaker areas, and allow you to compensate for them.

CELEBRITY Star Portrait

featuring *Jackie Onassis*

PRESENTED BY
THE AMERICAN ASTROLOGICAL ASSOCIATION
"The Nation's Largest Astrological Society"
©1974



Millions of words have been written about Jackie. But you won't really know her until you've read about her horoscope.

Because your natal horoscope is such a sophisticated analysis of your personality, it will probe your subconscious mind and seek out your hidden talents. These are the areas where you thought you had talent (writing, E.S.P., sex appeal, public relations, athletics, etc.) but were afraid to try. If you've been waiting for someone to give you a little push, let your horoscope be that someone. It will give you the confidence to start using your hidden talents.

Summed up, your natal horoscope will discuss your personality, lovelife, career, finances, and health. It will help you understand and accept yourself for what you are. It will then show you where your talents lie and set you on a course of self-improvement, self-fulfillment, and true happiness.

As the old saying goes, "You only live once." Will you miss your success opportunities? Will you stumble into pitfalls you could have avoided, like Robert Redford with the GREAT GATSBY? Don't you owe it to yourself and to your loved ones to sieze every precious moment of your life and make the best of it. Why not give yourself every advantage with the added edge of your personal natal horoscope.

For a limited time, during this special research project, you can get your personal natal horoscope for nearly a copying cost. You get the expensive casting and analyzing process - FREE. And you can use your horoscope for a full year on an absolutely no risk guarantee. The article below will tell you how to order your horoscope. For your own sake, please don't pass up this once in a lifetime opportunity. *

l Time Only Research Project

to get your Personal Natal Horoscope for only a copying cost

By John F. Ford

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mproved horoscope.)

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nalyze your personality and explain your strengths
ts in detail. It will also point out your shortcomings
you on how to improve.

of us has hidden talents just waiting to be tapped.
oscope will discuss your hidden talents (sex appeal,
riting, athletics, public relations, etc.) and show you
sh in on them.

oscope will give you an indepth analysis of your love
sonally tailored advice on how to enjoy a more ful-
life will be offered. You'll be told who you're com-
ith and why and shown how to find romance. Once
it, your horoscope will help you keep it burning hot.
oscope will instill confidence in you by showing you
're good at. It will place you in the proper frame of
begin a program of all around self-improvement.
s of jobs and careers that you are best suited for
sted. You'll be told which careers will bring you suc-
happiness and which jobs to avoid.
ancial future will be covered. Your attitude towards money and the best ways for you to make money will be discussed.

- Areas of your body which may pose health problems are pointed out. Tips on dieting are also offered.
- Your marital and family relationships are analyzed with emphasis on getting along with your mate, your children and your relatives.

There's no need to worry about finding out about an unavoidable coming disaster through your chart. As mentioned, astrology deals in potentials. Your free will can override potentials if you know about them. In any case, the policy of qualified astrologers is positive astrology. If there is something negative in your chart, you are told what you can do to make it positive.

When casting your horoscope, we conform to the strictest scientific principles. First the longitude and latitude of your birth will be charted down to the hundredth degree. Then any time changes due to World War II will be taken into consideration. Finally your longitude and latitude and exact time of birth will be key punched into our gigantic IBM 370 computer, which contains over 24 million bits of authenticated astrological information. No two horoscopes produced by our computer are ever alike. Your horoscope will carry your name on every page and will be cast from your exact time and place of birth for you and you alone. So you can be sure that your horoscope will not be the worthless type found in paperbacks.

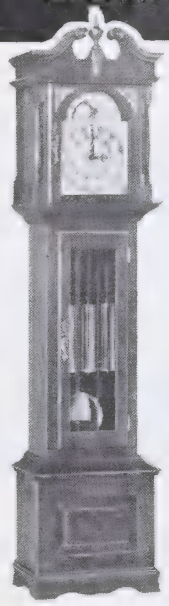
A similar horoscope could cost up to $250 if done by an astrologer. But, THERE'S ABSOLUTELY NO CATCH to this offer. I need this information for my astrological research. I'm looking for certain planet configurations from the people who mail in birth information. (People who fit this group can receive extra bonuses by filling out a research questionnaire.)

This research project has appeared in BETTER HOMES AND GARDENS, PARADE, FAMILY WEEKLY, SUNDAY MAGAZINE, LADY'S HOME JOURNAL, REDBOOK, McCALLS, WOMAN'S DAY, and other publications. The response has been tremendous with over 500,000 people now enjoying their natal horoscope. But that's what's so frustrating. We may never be able to run this article again. Inflation has pushed our computer, advertising, postage, and printing costs almost to the point of no return.

So for a limited time, we're gathering all the names we possibly can to finish our research project. If you'd like to help us with our research and take advantage of this special offer by ordering natal horoscopes for yourself, for your family or your friends, simply do this: Send me the name, address, time, day, month, year and place of birth for each person on a piece of paper along with the $3.00 copying cost and 50¢ postage for each horoscope. (If you don't know your exact time of birth, we'll use 12:00 noon.) If you have Mastercharge, Bank Americard, or American Express, you may charge your purchase by sending the following information: A. Name of your credit card B. Credit card number C. Card Expiration date. Mail your orders to the AMERICAN ASTROLOGICAL ASSOCIATION, Research Division, Dept. **975,** 4965 West Tusc., Canton, Ohio 44708

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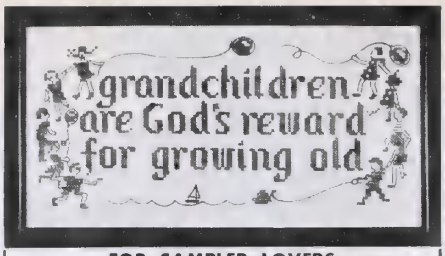
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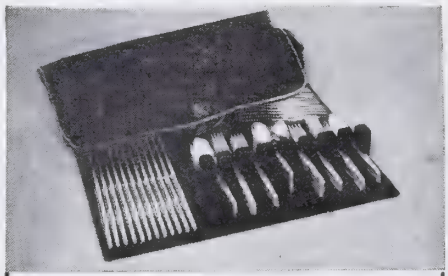
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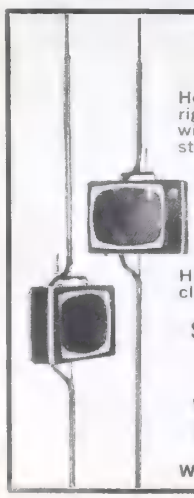


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HOUSE OF MINNEL
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All while you are suddenly *"super-charged"* th fantastic new energy! With glowing hair and in! With stronger nails! *And with so much less ervousness" that your family may throw their ns around you with joy!*

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an inner guard against the complexion drying cessively . . .
rapid healing of canker sores . . .
new help to quiet or even avoid nightmares, and rly-morning wakening . . .
remission of ulcerative colitis in as little as ten ys . . .
drop in the inter-eye pressure so often asso- ated with glaucoma . . .
stimulation of the pituitary system so dra- atically that it increases both the reserve power the heart and the capacities of the muscles for ork—so middle-aged people "turn back the phys- al clock" ten or even twenty years!

n Other Words, As Carlton Fredericks Himself Says: "There Is Every Reason To Expect That YOU WILL AVOID, MITIGATE, OR DELAY ANY OF THE CHANGES THAT ARE REGARDED AS THE INEVITABLE TOLL OF TIME ITSELF"!

And you will break out at last from the fatal ror of thinking that there are certain disabilities and sicknesses that not only come with time, *but are actually caused by it!* So you need never again sit helplessly by while your doctor says, "Of course you have arthritis; you're sixty years old"! Or allow your eye specialist to remark, "The cataract you have is a product of old age"!

"This is simply not true", says Carlton Fredericks! "What you are suffering from is not age, *but hidden malnutrition"!* The overwhelming fact that as you grow older, your body extracts less power from its food! And that, if you do not make up for that loss of vital nourishment—through *the medicinal use* of special vitamins and foods—*then the organs of your body start to starve a little more each day for that missing power!*

What happens is that your body slips into a "Twilight Zone" of borderline deficiencies . . . of minor breakdowns that at first are almost unnoticeable! For years, you can continue in this borderline state, with no other real symptom than the fact that you feel always tired, always irritable, always rotten!

And then one of the organs finally can't keep limping along! Finally breaks down! And you "develop" a nameable physical disease—most often a degenerative disorder such as arthritis, diabetes, or disorders of the heart or blood vessels! And when such a disease comes to the surface—as it does in 36% of those who survive to the age of sixty—*it is then misinterpreted as the penalty of living too long!*

(Yes, misinterpreted! 45 years ago, the American physician, XX Langstroth, *found dietary deficiencies were uniformly present in older people with degenerative diseases—and just as uniformly ABSENT in healthy people the same age!)*

No wonder Carlton Fredericks says bluntly: "I have watched the paranoid lose his delusions . . . the "senile" become functional again . . . the nervous become serene! There have also been the less dramatic, but equally meaningful changes: healthier hair, better nails, skin with better tone, better elimination, more resistance to fatigue, improved sleep—*all the little things that are so important to your feeling of well-being"!*

5 QUICK CASE HISTORIES—

out of dozens, to let you **feel** the joy others have had, when a simple shift in eating patterns CHANGED THEIR ENTIRE LIVES! (All quotes from the book itself.)

"Ever since I began menstruating, I had to throw away 8 or 10 days each month—I just couldn't function. Now my menstrual has dropped from 6 days to 3, and the cramps and weight gain are gone. I feel like an idiot, when I realize that simple changes in my food habits could have done this."

"I don't have headaches any more . . . My new aspirin bottle is intact—I haven't taken a dose in the last two months."

"As breast cysts diminished in number and size, and in some cases vanished completely, students expressed their astonishment—startled that this symptom, too, can be an indirect by-product of food-choices that do not satisfy the needs of the body."

"Her symptoms disappeared one by one, until she found herself able to take liquor or leave it, or take one drink and stop."

(From an elderly woman, formerly on the verge of a "nervous breakdown")—"I don't know what you gave me . . . but it descends on me like a blanket of peace."

ABOUT THE AUTHOR



Dr. Carlton Fredericks, for thirty years, has been celebrated as America's best-known nutritionist. Through radio and television, and by his books, articles, and syndicated newspaper columns he has educated the public in nutrition and health education.

And Now See What Happens When Foods And Vitamins Are Used As Medicines To Treat ALL THESE AILMENTS TOO:

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The simple switch in diet that caused one husband to write Carlton Fredericks: "Hey, Doc! *How do you turn it off?"*

How better diet may help protect you against cancer of the breast (a statement which Carlton Fredericks says is "neither reckless nor undocumented), *as well as determine how feminine a woman can be!*

Why formerly virile men suddenly become impotent, lose their sex drive, and may even watch in horror as their breasts enlarge! (Called by Carlton Fredericks, "nutritional castration", its greatest tragedy lies in the fact that *it is so easily preventable—if you take action at once!)*

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How to build food-resistance to fungus infections, such as athlete's foot—*as well as reduce the deposits of ugly tartar on your teeth!*

The "brain-fat"—so powerful it is being used to stimulate brain-function in brain-injured children!

What to do if your cold will NOT respond to Vitamin C!

How to prevent both ordinary headaches, *and* the type of migraine caused by histamine! *With food; and not dangerous drugs!*

Why the repetition of strokes may now be blocked with the "sleeping" brain cells, lying next to the areas where destruction has taken place, *now being called to take over the "lost" functions of the damaged area!*

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When your daughter asks about using a tampon...

By Mary Morgan

How you can answer her questions and dispel the normal anxiety every teen-age girl has about menstruation and the first-time use of a tampon.

Q How old does a girl have to be to use a tampon for the very first time?

A There is no specific age for using a tampon. Some girls start with their very first period. Others wait until they have adjusted psychologically to the whole business of menstruation.

It is erroneous to think that because a girl is a virgin she cannot insert a tampon without breaking the hymen. Fact is, the hymen, which is a thin membrane that stretches across the opening of the vagina, normally has a natural round opening through which the menstrual flow passes. This opening is large enough to admit a small, highly-absorbent tampon such as Pursettes®.

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Offer expires in 90 days. Good in U.S.A. only.

THE SEASONS

continued from page 128

"In a house in the suburbs they'd be able to go out and play by themselves," he said hesitantly.

"And in a house there'd be more room," she answered as though to apply equal weight to the scale he had so tentatively balanced. As she spoke her drafting table, loaded with her work as well as her mending box and Robert's model airplane, collapsed and they laughed, reading the small accident as a confirming omen.

It had been the right decision, Marion thought now, looking out at the gently rolling waves. Still cloaked in the heavy loneliness that settled on her each morning, despite the verberating silence, she did not doubt that they had steered the correct course. Moving had been the logical and best decision. The children were happy and Donald was content. They had each been caught up on new currents and were sailing smoothly forward, only she was bogged down and floundering.

Looking out to sea, she saw a small sailboat jostled by a sudden rush of uneven waves. The boat tilted, dived under the crest of a breaker and struggled to right itself. Again it was thrust forward and again she saw it keel dangerously and surface with difficulty. Then, suddenly, the sea grew quiet. As Marion watched, she saw a small figure scramble the rigging and the sails were reversed until they courted and caught the remaining breath of wind. Then, slowly, the brave, fragile boat moved out to sea, gliding gracefully over th newly gentle waters.

The color of the sea had change now and the quiet waves were mo green than blue. Marion thought suc denly of her garden and her new neigh bor, Edna Keating, bent with suc earnest concentration over the new turned dark soil of her flower bed. Sh too wanted to sink down roots, feel th hope of growth from season to seaso She would ask Edna Keating abou planting, about the kinds of bulbs sh might buy, about when tulips shoul be planted and what sort of foliage pr duced those beautiful star-shaped flow ers that were exactly the color of th autumn sea.

She plucked up a shell, put it in he pocket and returned to her car. Sh drove home swiftly, eager now to b back on her quiet street. When sh turned off the highway at her exit sh passed the small red car, with its r turning tennis players. Like a small, d termined tugboat, it chugged up th hill and as it disappeared around th curve, one of the women turned an waved at Marion. Smiling, she wave back.

At home, the oak door closed behin her, she felt again the heavy silenc Again she wandered from room to roo until at last she sat down in her studi She welcomed the quiet now, relishin the calm. She worked steadily and wa halfway through her layout when th door opened and the children rushe in. She was caught up again in the rus tides of their lives and laughter, of th swelling, changing currents on whic they all sailed forth together. **En**



"I don't have to worry about report cards anymore. I just resigned."

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Journal



AT NIXON:
IRST LADY
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uch should doctors tell you?

ENNY-PINCHING POTATO RECIPES
us COOK-AHEAD CHINESE FOOD

HAT WOMEN WANT TO KNOW ABOUT SEX

ene Shalit picks the best & worst movies

USBANDS TALK ABOUT WORKING WIVES

SHIRLEY MacLAINE:
HOW TO BE 40
AND LOVE IT

4 months ago I was a gray, plump mother of 3. Now I'm a trim, brunette college freshman.



I'm still a mother of 3. But I'm a whole lot more. And nobody's happier about it than Jim and the children! I guess it all happened because I saw my "babies" growing up so fast, needing me less and less.



If they missed a meal my whole day would seem shot. And I knew I had to do more with the next decade of my life than sit around counting my birthdays and gray hairs, making my children feel guilty for leading their own lives!



I think the whole thing got going the day I got the courage to color my hair. I'd always been a little afraid of haircolor, but I'd heard that Loving Care® lotion was a very different proposition. And it is!



It's not a permanent dye or a peroxide thing. It doesn't change your own color. It just rinses away the gray. And looks really natural – – highlights.



Well, it was so exciting to get my own brunette color back it gave me the encouragement for once to really stick to my diet. And now here I am – starting college! Of course, I only go part time. But it's a start.



But that's what's so great. To see, at this point in my life, so many things ahead. To feel, in so many ways I've only just begun!

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EDITOR'S DIARY

By Lenore Hershey



Remembering Amy

Amy Vanderbilt was not only a national institution and Contributing Editor of this magazine, she was a friend and confidante. A lunch with her was always great fun; a public appearance (as in the picture above, left, taken at a party in Chicago last year) never failed to impress audiences with her warmth and wisdom.

And now we sit here, writing a note in her memory. For she is gone, her life flickered out at the end of a physically troubled year that did not in any way seem to afflict that vital, indomitable spirit. Amy Vanderbilt was a very special person, to whom etiquette—good manners—was a part of life. She called good manners "the traffic rules of society." Though she knew behavior standards were changing, she still felt courtesy was important, whether you were a taxi driver, a dowager or a teen-ager.

Amy Vanderbilt adored, and was very proud of, her husband, her sons, and their young friends and families. Two of the JOURNAL editors who worked most closely with her became almost part of her family, too. "She was always involved with people," recalls one of them. "She was forever shopping for little gifts for friends and associates, seeking out new restaurants, sharing her discoveries." "Her own etiquette rules were based on making people comfortable," says another editor. "When I had a baby, she just invited us to bring the infant in his basket to a dinner party, and we did."

We will miss Amy, her many personal notes, her pride in the tremendous fan mail she received, her advice. For the moment, she will not be replaced. This month, we omit her column completely. In the months ahead, we intend to use the backlog of answers already prepared in response to readers' questions.

I wish Amy were here to tell me how to say good-bye properly. But I would rather cling to the last words I heard her say, ten days before her death. "We must believe in the future," she told a small group. "We must proceed with optimism and faith in this country."

Thank you, Amy. Like all your recommendations, this sounds like the right course of conduct.

Working wife

On page 66 Letty Cottin Pogrebin interviews husbands about the subject of their working wives. What does Bertrand B. Pogrebin—labor lawyer, involved father of three, and working woman's husband—have to say about his own situation?

"Life with Letty is a continuous sharing of new experiences, ideas and responsibilities. After eleven years of marriage, she remains the most interesting person I know," says Bert. Could any wife ask for more?

Letter of the month

Change and continuity are the counterpoint of life. This month, we were particularly pleased to receive a letter from Laura B. Boardman, of Greencastle, Ind., who has never missed reading an issue of LADIES' HOME JOURNAL for the last 73 years! As a matter of fact, she has saved all the copies, from 1901 through 1974, except for one year's issues, which her family passed on to a neighbor.

Laura Boardman lives alone in the house where she was born in 1887, and, except for a brief stay in Ohio, has never moved. She says the JOURNAL helped to give her a skill that has stood her in good stead. She bought her first JOURNAL blouse pattern in 1906, and eventually earned money making clothes for other people. At 88, she still sews for herself, and still reads the JOURNAL.

Research tells us that most of our readers are considerably younger than Laura Boardman. But we doubt if we'll ever find a more loyal fan, or a letter to impress us all more with the ongoing responsibility we bear as editors, every month of the year. —L.H.



Letty Cottin Pogrebin with her husband Bert, and their three children: Abigail and Robin, 9½, and David, 6½.

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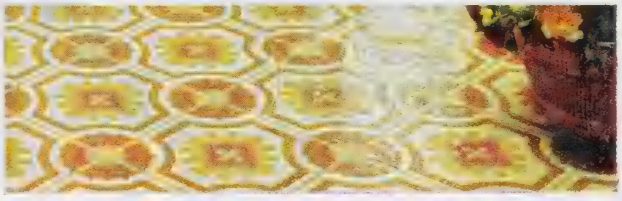
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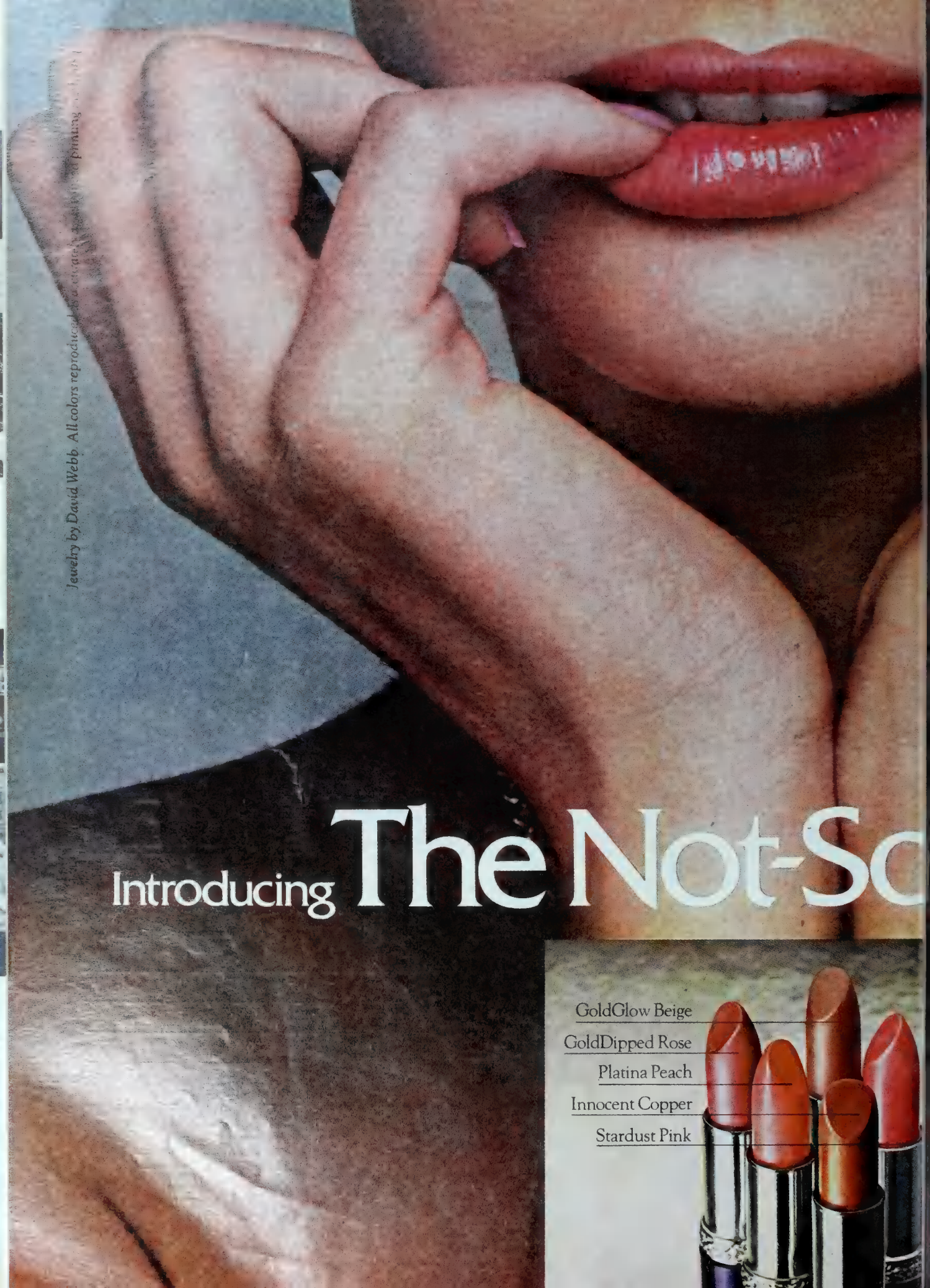
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Cover photograph of Shirley MacLaine by Francesco Scavullo; makeup by Way Bandy; hair François of Suga Salon; fur by Ben Kahn. Page 40: photograph by Keystone Press Agenc

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ITALIAN PORK CHOPS

Trim 3 lbs. pork chops (½" thick) brown in oil on both sides. Drain. Pour one full jar Ragu' Italian Cooking Sauce over chops. Simmer for one hour. Serves 6.



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Dredge 6 large chicken pieces in ¼ cup flour. Brown in oil. Drain. Pour one full jar Ragu' Italian Cooking Sauce over chicken. Simmer, covered, for 45 minutes. Serves 6.



ITALIAN BEEF STEW

Brown 2 lbs. cubed stew beef in oil. Add one full jar Ragu' Italian Cooking Sauce. Cover, simmer for 1 hr. Dissolve a beef bouillon cube in one cup water. Add bouillon and 2 med. onions, quartered, 4 med. potatoes, quartered, and 4 med. carrots, quartered, to stew. Cover and simmer for ½ hr. more. Serves 6.



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WHAT'S HAPPENING

By Gene Shalit

It's time for Gene Shalit's ever-popular Best and Worst movie lists, including (as usual) a number of surprises.

The year 1974 saw the beginning and the end of many trends: It was a year in which elderly actors turned in remarkable performances (Lee Strasberg in *Godfather II* and Herbert Berghof in *Harry and Tonto*—each is also a famous teacher of acting. So much for the calumny that those who can't, teach). It was a year of sequels—*Airport 1975* crashed, but *Godfather II* soared. It was a year of movie disasters, some on purpose. There were earthquakes and plane crashes and fires—and yet to come are a burning zeppelin and people eating each other in the Andes. It was a year of a few good films and—as usual—many more film-flams.

Here are my Annual Guaranteed Genuine JOURNAL Awards, timed to give you a look at the year past and at the Academy Awards coming next month. We'll start with the worst. (The best is yet to come.) Here are the year's fifteen 10 worst movies, listed in random disorder:

The Great Gatsby. This movie aversion of F. Scott Fitzgerald's novel was misdirected by Jack Clayton—a fancy package that kept unwrapping for 2½ hours and turned out to be empty. Despite a famous cast (Mia Farrow and Robert Redford) and flamboyant promotion, the movie laid an egg—East Egg, that is.

Going Places. Two aimless, drifting young cretins, plus a suicidal Jeanne Moreau, in a story that is cruel, nihilistic, sadistic, vile and degrading. It was the only time all year that I felt molested by a movie.

The Nine Lives of Fritz the Cat. An animated feature drawn from the dregs at the bottom of the bottle of ink.

Zardoz. Sean Connery bounding from Bond to bounce into a surreal world of beautiful people who have the secret of eternal life and wish somebody would tell them how to die. One of their leaders is Charlotte Rampling, who became the nude Super Skinny of the movies. One character says to Connery: "We want to die—what's the trick?" I suggest they try sitting through *Zardoz*.

The Night Porter. Charlotte Rampling, having barely (literally) made it through *Zardoz*, showed up for an affair with the Nazi concentration camp guard (Dirk Bogarde) who savaged her youth. This sick flick embraced foot kissing (kinky sex) and chains (clinky sex). The night porter should have thrown it out with the rest of the debris.

Gold. Roger Moore, who has not succeeded as Sean Connery's successor in the James Bond series, tries playing the manager of a South African gold mine and falls for the boss's wife (Susannah York). So many characters are killed in this movie (drowning, a Christmas tree explosion, amputation, burnings and falling over cliffs) that by the end there is practically nobody left on the screen—or in the audience either.

My Name Is Nobody. The worst Western of the year was also the year's most puzzling mystery: Why did Henry Fonda make it?

Bring Me the Head of Alfredo Garcia. Sam Peckinpah sets his slaughter in Mexico where a land baron offers $1 million for the head of the man who deflowered his daughter. Bring me the head of the studio.

Airport 1975. Dana Andrews knocks a hole in a 747, wiping out the crew, giving Efrem Zimbalist, Jr., a bad headache, and turning the rest of the movie over to Karen Black, the well-known stewardess, who lands the plane with the help of Charlton Heston who leaps into the aircraft in mid-air. Among the passengers are Sid Caesar, Gloria Swanson, Myrna Loy, and Jerry Stiller. Stiller is the smartest because he sleeps through it all. Maybe he thought he was supposed to be playing a member of the audience.

Earthquake. After Charlton Heston brought Karen Black down to earth he married Ava Gardner, the daughter of Lorne Greene. Lorne Greene then made Charlton Heston president of his company, saying, "You would have had this job even if you *weren't* my son-in-law." Then, an earthquake strikes Los Angeles, reducing the special effects department to rubble and threatening the ears of the unfortunate audience. An important movie for people who make aspirin.

The Phantom of the Paradise. A mixture of Faust, Dorian Gray and poor judgment.

The Little Prince. This famous enchantment by Antoine de Saint-Exupéry has been mugged by Alan Jay Lerner, Frederick Loewe and Stanley Donen.

The Abdication. Liv Ullmann and Peter Finch bogged down in the Vatican in 1654. She is Queen Christina, he is a Cardinal, and I am fumbling frantically toward the exit.

The Longest Yard. Burt Reynolds won the Tight Pants Award for his appearance in this story of a prison football game between the inmates and the guards—two sets of interchangeable thugs.

Chosen Survivors. A next-war subterranean story about a handful of men and women set upon by bats as they wait for the radiation to blow over. Most moviegoers waited for *Chosen Survivors* to blow over.

Special awards

Best Director: Federico Fellini, *Amarcord.*

Best Performance by an Actress: Gena Rowlands, *A Woman Under the Influence.*

Best Actors in Major Roles: Gene Hackman, *The Conversation;* Al Pacino, *Godfather II;* Jack Nicholson, *Chinatown;* Richard Dreyfuss, *The Apprenticeship of Duddy Kravitz;* Art Carney, *Harry and Tonto;* Albert Finney, *Murder on the Orient Express;* Peter Falk, *A Woman Under the Influence.*

Best Supporting Actor Whose Absence from the Film Would Be Unthinkable: Marty Feldman, *Young Frankenstein.*

Best Supporting Actor in a Foreign Film: Charles Boyer, *Stavisky.*

Best Supporting Actors in a Movie Containing the Word "Godfather": Lee Strasberg, John Cazale, *Godfather II.*

Best Performance by a Professional Football Player, AFC-East: O. J. Simpson, *The Towering Inferno.*

Most Identical Performance by an Actor No Matter What Movie He Is In: Charlton Heston, *Earthquake* and *Airport 1975.*

Best Portrayal of a Fire Chief: Steve McQueen, *The Towering Inferno.*

Best Performance of an Actress in a Picture That Didn't Amount to Much: Marsha Mason, *Cinderella Liberty.*

Best Supporting Actress in Two or More Films in a Single Year: Madeline Kahn, *Blazing Saddles* and *Young Frankenstein.*

Most Swedish Dialogue with Least English Subtitles: *Scenes from a Marriage.*

Best Black Movie of the Year: *Claudine* with James Earl Jones and Diahann Carroll.

Most Memorable Single Scene of a Group of Women Chatting over Tea in a German Film: *The Pedestrian.*

Most Startled Expression: Gene Wilder.

Best New Musical of the Year: None.

Best New Old Musical of the Year: *That's Entertainment.*

(continued)



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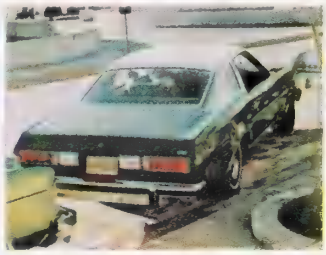
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WHAT'S HAPPENING
continued

Most Famous Stars in Two or More Junk Movies: George C. Scott, *Bank Shot* and *The Savage Is Loose;* Liv Ullmann, *The Abdication* and *Zandy's Bride.*

Best Disaster Movie: *The Towering Inferno.*

Best Director of Two Serious Films in a Single Year: Francis Ford Coppola, *The Conversation* and *Godfather II.*

Best Director of Two Comedies in a Single Year: Mel Brooks, *Blazing Saddles* and *Young Frankenstein.*

Best Performance in Two or More Films in a Single Year: John Voight, *Conrack* and *The Odessa File;* Jack Nicholson, *The Last Detail* and *Chinatown.*

The seven 10 best movies

The movie year was happily filled with high-quality ephemera, and seven survive for the best of the year. These are films I will want to see again ten years hence and I am convinced they'll stand up. Five years from now I may recall *The Apprenticeship of Duddy Kravitz,* but I doubt it. *Chinatown* impressed me when I saw it, but its immediate impact has faded. These seven have not faded: they are the Seven Best.

Amarcord. The title of Federico Fellini's new film means "I remember." I will. It is the best movie of the year. Fellini shows us one year in the life of an Italian village—from spring to spring—and unfolds the incidents and characters with beauty, delicacy and crazy raucousness. He has delved into his childhood, real and invented, for a stirring mix of dreams, fantasy, and fantastic reality: a peacock unfurling in the snow, the transatlantic liner *Rex* passing through the night (an almost incredible poem of moviemaking), and stupid teachers trying to stunt their elementary students. The film floods with marvels that are marvelous to see.

Harry and Tonto. Art Carney gives the performance of his career as Harry, the retired old schoolteacher who sets off on an American odyssy with his orange cat Tonto—a serendipiter's journey by bus, jalopy and thumb. What he discovers—and what we discover about him—makes *Harry and Tonto* touching, teary, funny—a complete joy. Ellen Burstyn appears for just a few minutes, but makes an impression that transfigures the film. Also splendid are Herbert Berghof, Geraldine Fitzgerald, Chief Dan George and just about everybody else in sight. It is the best work so far by Paul Mazursky, who directed and co-authored the screenplay with Josh Greenfeld.

The Godfather, Part II. It's been traditionally accepted that sequels of successful movies are never as successful as the successful movies they are sequels of. So much for *that* tradition. Francis Ford Coppola's completion of the saga of the Corleone family is a superior piece of work. This film (combined with the first) gives us a unique five-hour saga of the underworld—rich in texture, design and motivation. By the end, the glamour has been wasted away, what seemed appealing has become appalling, and we are left with a monster—Al Pacino. His enemies are murdered by his ever more remote control, and now—all powerful, cold, encrusted, alone—he has sunk to the top.

The Conversation. I believe that one reason Francis Ford Coppola makes *Godfathers* is to earn enough money to provide the independence for a film like *The Conversation.* He wrote and directed this galvanic story of a professional wiretapper (Gene Hackman), who is ultimately undone by his own spy-prylie life. What's scarey about *The Conversation* is the realization that nobody's safe from the beeping tom. This is a dramatic, compelling and important film.

Badlands. This attracted little attention when it opened: No big stars, an unheard of director, a publicity campaign that wouldn't fill a candy machine. But *Badlands* lives. Terrance Malick—29 years old, his first film—directed Martin Sheen, as a warped 25-year-old killer, and Sissy Spacek, as Sheen's 15-year-old infantile girlfriend, in this story suggested by Charlie Starkwether's murderous rampage through the west. Their performances are practically perfect. The photography is washed clean and crisp, and the mindlessness of the characters knifes from the screen.

Scenes from a Marriage. Although its nearly endless closeups may give you claustrophobia, this movie is superb. Ingmar Bergman has distilled his six-hour TV series into a three-hour film about the dissolution of a marriage. The principals are Liv Ullmann and Erland Josephson, who seem ideal until the illusion is repealed by Bergman, who peels away their pretense, exposing sham. Liv Ullmann—when properly directed—can be one of the finest actresses on earth, and here she is properly directed. This drama lacks the torment and humanness of *A Woman Under the Influence,* but it should be seen: a slow and striking portrait of a singular couple.

Murder on the Orient Express. An exotic train, a first class cast, and an impenetrable plot until Agatha Christie permits Albert Finney to unravel it—then there's deduce to pay. Ingrid Bergman and Lauren Bacall are among the passengers who take the audience for this delicious ride.

Young Frankenstein. Mel Brooks directed this Gene Wilder story with Wilder never more so, plus Marty Feldman, Madeline Kahn, Gene Hackman (try spotting him), Cloris Leachman and Peter Boyle. Monstrously funny. **End**



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CAN THIS MARRIAGE BE SAVED?

By Dorothy Cameron Disney

Jake encouraged Kim to go back to school. What he didn't realize was that her thirst for knowledge would cause more problems than it would solve.

Although marriage should be a forum in which both partners have an opportunity for growth, it rarely solves the problems brought to it by each individual—and sometimes makes them worse. Kim and Jake both had very emotionally deprived childhoods, and each expected the other to be the parent he or she never had. Fortunately they were able to benefit from some sound guidance—guidance that is within easy reach of all of us—through various agencies, churches, schools and community organizations. —The counselor in this case was Susan Fuentes.

Paul Popenoe, Sc.D.,
Founder and Chairman of the
Board of Trustees,
American Institute of
Family Relations

Kim talks first

"Without Jake's approval I never would have had the nerve to go back to school and become a medical technician," said 33-year-old Kim, a merry-faced career wife and mother of two. "I used to follow Jake's lead even when I disagreed with him. He used to tell me how to operate the vacuum cleaner, how to wash the tub—once he even told me how to eat an apple! I went all out to satisfy him, but I never seemed able to.

"I didn't please Jake sexually even as a bride. He told me I was frigid, blaming me for his occasional impotence. Whenever Jake was capable of lovemaking I was responsive, so I knew I wasn't cold. There were times when my emotions nearly exploded inside me.

"I was pregnant with our second child when Jake announced that he was in love with an older woman. Feeling so insecure, I was sure she'd win him away.

"But then one day she phoned me to say she was moving out of town. She said she and Jake had never actually had an affair; their relationship had been mostly conversation. Apparently she wasn't physically appealing enough to Jake.

"I never mentioned the call to Jake, but it seemed most unlikely that I was responsible for his sexual problems. Quite a long while afterward, I myself had an affair, a real affair, although very brief, and I found out for sure that I wasn't frigid.

"But I suppose we should begin with my return to college, which Jake seems to think led to all our present trouble. I think our problems had begun long before, three years before, when I was going mad with restlessness, feeling that my life was flying past me.

"We were living way out in the country—with one car. We owned a nice home and both our youngsters were in school. In a couple of hours I could finish my cleaning, do the laundry and prepare the evening meal. A long, empty day then stretched ahead.

"One time I tried to organize a consciousness-raising group, but I got nowhere. The neighborhood women acted as if I were crazy or considered myself superior, which was certainly not the case. Inwardly I felt dumb and inadequate and I was starved for companionship. I might as well have been single for all I saw of Jake. Even when he was around he ignored me.

"I had interrupted my education to get married. At that time I thought I loved Jake, but I probably would have jumped at his proposal in any event. I would have done almost anything to escape the conditions at home.

"After my mother's death when I was sixteen, my father married a woman with a good job and five undisciplined children. I was supposed to look after the kids, run the house and also keep up my college classwork. My father never would have sent me to college except that my mother had left me a small inheritance for that specific purpose.

"When I met Jake he was a senior and I was a very naïve sophomore. During the long years of my mother's illness, I rarely dated; I spent most of my time with her, often doing my homework at her bedside.

"My father has a lunatic temper to which Jake was introduced on our first date. When he called for me, Father slammed the door in his face. Jake calmly walked around the house to my bedroom and rapped on the windowpane. I climbed out, and we triumphantly drove to the dance.

"A terrific row occurred when Jake proposed six weeks later. For months a battle raged, and I was torn between father's determination to hang on to my services and Jake's determination to pry me loose.

"Eventually, of course, Jake won out—we were married the June he got his B.A., and that fall I dropped out of college. Jake used the money from my inheritance to cover tuition on an advanced degree in business administration and I went to work for the telephone company. Every Friday I handed him my pay check and he deposited it in his checking account. He gave me back an allowance of four dollars a week for lunches and incidentals, the identical sum I had received from my father.

"From the beginning Jake handled our finances. Back then I wasn't smart about money matters. I got off to a dumb start, quit my job sooner than we expected, became pregnant sooner, and for a while we had to operate on an extremely tight budget.

"But then the situation eased and Jake still remained the money man. Whenever I needed something, I had to explain the whys and wherefores. Long ago this financial arrangement struck me as unfair, but until recently I never complained.

"In the last three years my whole personality has changed. Five days a week I escaped the monotony of cooking, kids and cleaning by going back to school to become a medical technician. I felt like a different person. For the first time since I could remember I felt competent and self-confident.

"I met a brilliant young doctor who taught one of my classes and we had an affair. I got a tremendous emotional lift from his admiration, but we knew our affair had no future. Both of us feared our spouses would find out. After six weeks we kissed good-bye without pain—perhaps with relief.

"I finished the training program with top honors and landed a good job at a leading hospital. I hoped Jake would be proud of me, but he wasn't. Once upon a time I would have been shattered by his indifference, but I suddenly realized that his reaction didn't trouble me anymore. I was my own woman.

"But when he said he would take full charge of my earnings, and would deposit my hospital checks in his personal bank account, I mumbled a few words about opening a joint account. His face darkened and I backed down.

"Last year we took the children on a vacation to Mexico in a car Jake had given me as a birthday gift. *(continued)*

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest marriage-counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations, and other minor details have been altered to conceal identities.

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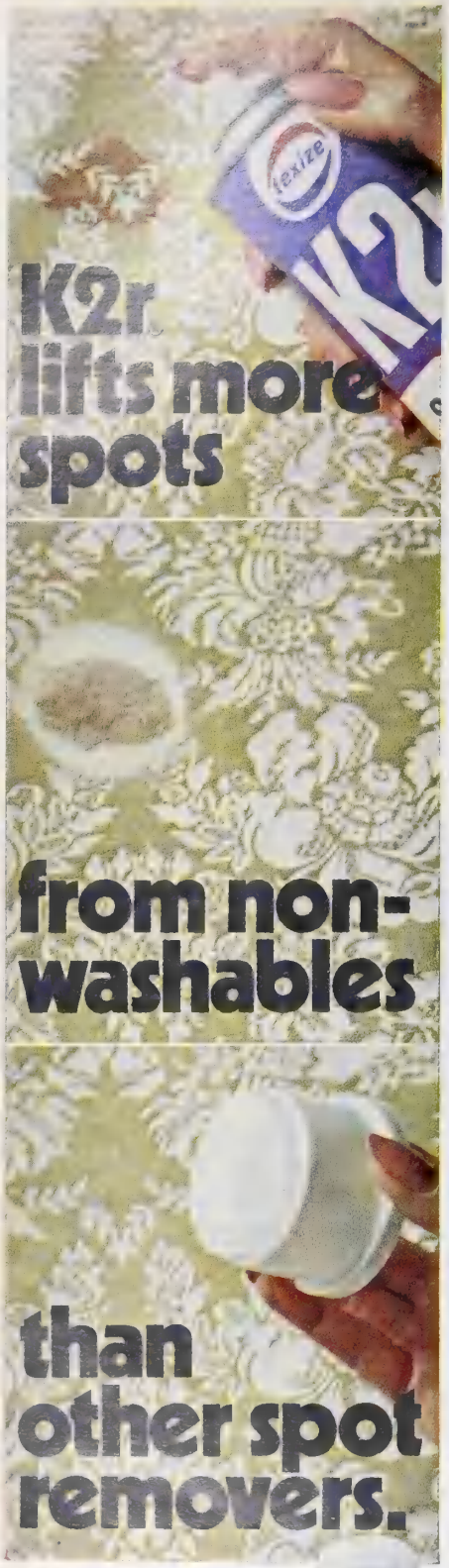
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THIS MARRIAGE
continued

I tried not to wonder whether I had paid for it—and I thought our marriage was fine.

"Shortly afterward I learned my mistake. One evening, just as I was leaving for the hospital, Jake told me that a few weeks earlier he had rented an apartment for an 18-year-old girl named Susie and intended to move in with her. They'd had sex a few times, he replied in answer to a bewildered question from me, but it wasn't very satisfactory. Then why on earth was he leaving me? He told me she needed him and I didn't.

"I was so confused I hardly knew whether I was hurt or angry, or just what. At some point I did manage to ask if he wanted a divorce. Jake said he preferred a temporary separation.

"By the time I reached the hospital that night, my thoughts were clear. I didn't give a hoot what Jake preferred. I wanted a divorce. The next day I saw a lawyer and filed suit. Jake may think I will change my mind, but I won't."

Jake's turn to talk

"I've been in trouble ever since I married Kim fourteen years ago," said 37-year-old Jake, a tall man with a drooping yellow mustache and straw-colored hair. "I've always been in some sort of trouble—a disappointment to myself and everybody else. But I don't see that a divorce would help Kim, the kids or me.

"I'd rather figure out what's been wrong and make improvements. I realize most of our troubles have been my fault. I've got myself involved in something or with someone when I didn't really want to be involved. For some reason I am a follower in circumstances where I ought to be a leader. It was Kim's idea that we get married when we did. I would have been willing to wait a while. In fact I wanted us to wait until I was settled in a job—an enjoyable job with a future—and until she finished her education.

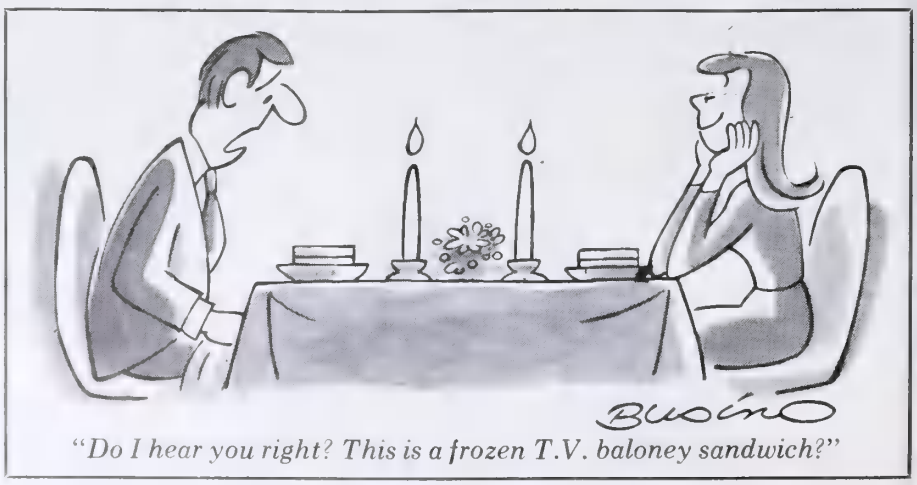
"But Kim was cute and smart, yet she looked up to me and I was flattered by her interest. When she offered to drop out of school and take a job and support us so I could get an advanced degree, I was so moved by the offer I almost burst out crying. It was the nicest thing that had ever happened to me. I took Kim's words as proof that she had faith in my ability, proof that she loved me. This kind of love was new to me. My parents were divorced when I was a child, and they left me with an aunt while they went off and started new families. I've rarely heard from them since.

"Kim seems to think that we had sex problems from the start. This is untrue. All our problems were financial in the beginning. Kim turned out to be incredibly poor at handling money. As soon as she went to work she felt like a millionaire, and for a while she made me feel the same. Since she was working, it seemed logical we should eat at restaurants and relax in the evening, but restaurant meals are expensive.

"And then came our first Christmas together. Kim blew one entire paycheck, plus a loan she finagled from a friend at work to buy me a cashmere topcoat. It was a dandy coat, probably the best I will ever own. Kim's thought was sweet and generous, but she forgot to mention the price of the coat and that loan. Soon we found ourselves in such a jam I had to take over managing our finances. I opened a checking account at the bank and from then on kept track of what was happening to every penny. Until recently Kim seemed glad to have me carry the responsibility.

"Anyhow, we couldn't pay our January rent and we were evicted. We moved in with my aunt, which only added to our problems.

"All this time the friend was dunning Kim to repay that loan, and finally she complained to their supervisor. Kim and the supervisor had an argument and Kim quit. I might have done the same thing in the circumstances, but it was a disaster." *(continued)*



"Do I hear you right? This is a frozen T.V. baloney sandwich?"



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Jake sighed deeply. "It's a miracle that we ever pulled through those nightmare months. Luckily, it wasn't too long before I got my degree, and in a few more months we were able to straighten out our finances. It was during that time that I began to feel that I was doomed to be a loser in all aspects of life. And it was then also that I became aware that I had a sexual problem. I was too worried about the future to be interested in sex. Apparently Kim's worries—assuming she did worry—had the opposite effect. On the nights that she felt amorous, I felt like a block of wood. I tried to force myself to match her moods but I couldn't make it. The harder I tried the worse I failed, and it became a vicious circle. Kim didn't criticize. In fact, she said very little. But I hated myself and I criticized her.

"My actions and reactions are often a puzzle to me. At that very time, a time I halfway believed I was permanently impotent, I started an affair with an older woman because she admired me. I never managed to make love to her, but at home with Kim my sex problem disappeared.

"I've been depressed ever since Kim went back to school, which is certainly illogical since I had encouraged her in the first place.

"I realize I should have been proud when Kim won top honors and landed a good job, but I wasn't. Kim changed so much I could hardly recognize her. She stopped asking my advice, she stopped asking questions about my business, she talked constantly about her fascinating job—and she started giving *me* orders.

"I felt like a nothing—and in bed I was a zero. Kim didn't seem to mind, she hardly seemed to notice. And then one day I met Susie. We spent the night together and I wasn't impotent. But Susie and I aren't right for each other, and I know it. I've talked her into making up with her husband, whom she'd left just before we met.

"I'm in love with Kim. Maybe she doesn't love me any more, but I'll do anything she wants to stop the divorce."

The counselor's turn

"I worked with Kim and Jake for some months," the counselor said. "Kim was adamant about getting a divorce and refused to drop the suit, despite Jake's pleas. But they continued to meet with me and see each other. Although Jake had left Susie, Kim insisted that he rent a separate apartment.

"They talked with me at great length about themselves, their marriage and expectations of life. Open communication was a novelty to them and vitally necessary. Like many couples, Kim and Jake married with numerous misconceptions. Kim pictured Jake as a big, strong man, a winner who would shoulder her burdens—and she had been overburdened with many responsibilities since childhood.

"Kim's mental image of Jake was in sharp contrast to his self-image. Inwardly, Jake was fearful and insecure. Small wonder that he welcomed teenage Kim's impulsive offer to be the breadwinner until he acquired his business degree and was solidly established. Jake saw Kim as a wife who would simultaneously look up to him and look after him. Moreover, he expected her to be helpful and sympathetic with the weaknesses and inner fears he was carefully concealing from both her and the rest of the world.

"Trouble was inevitable. With Kim's unexpected and unwelcome pregnancy, Jake's unsteady ego plunged. Overwhelmed by feelings of inadequacy, convinced he was born to be a loser, he flung himself into back-breaking, part-time jobs to hold down the fort. He blamed Kim for his exhaustion and inordinate despair, just as he blamed her imaginary frigidity for his recurring periods of impotence, which were unquestionably the product of his own self-doubts.

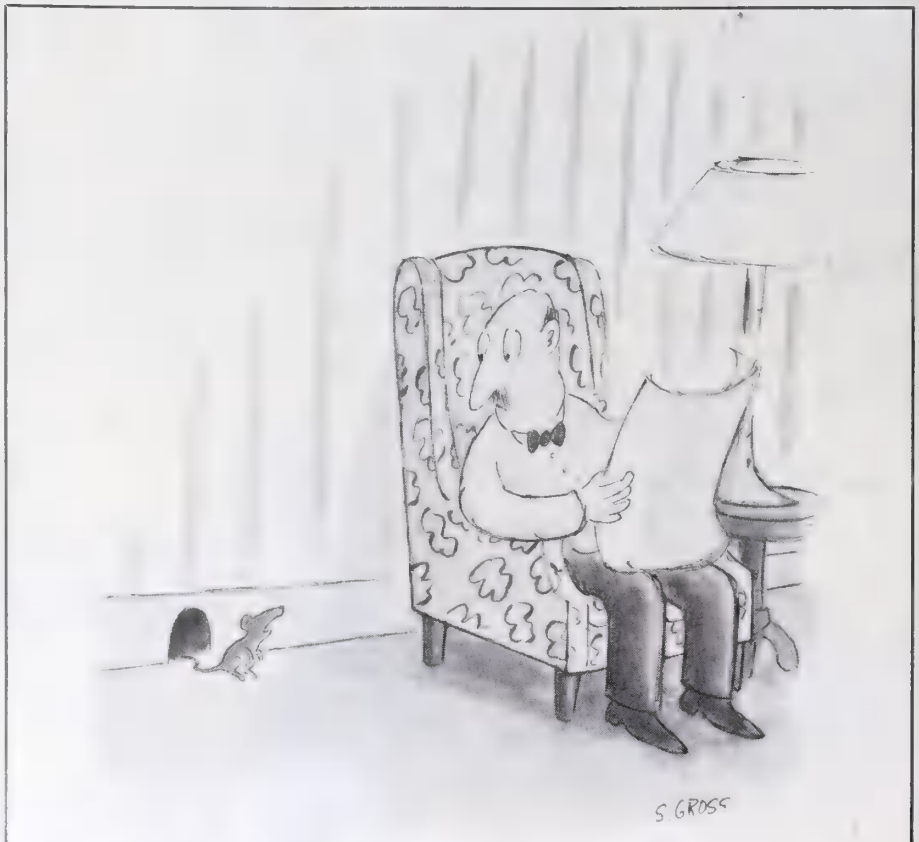
"For a long while Kim bore up under Jake's demands and expectations, unreasonable and otherwise. He reaped the benefits of her childish dread of her father's wrath and he took advantage of her natural, inbred desire to help others. As a little girl Kim had nursed and tended her mother. She had helped care for her stepbrothers and stepsisters. She gave all she had to Jake, but slowly she began to believe the rewards were too small, the returns unjust.

"By the time she completed her laboratory training and found stimulating work she was ripe to rebel. Indeed her brief affair with the doctor represented a form of rebellion. When Jake was informed of this episode he was very tolerant, knowing he had walked the same path.

"In learning about each other and themselves, their strengths and their weaknesses, Kim and Jake decided they valued each other's company. Neither wished to deprive their children of what all children need—two parents.

"They moved back into their home together. However, Kim was unwilling to call off the divorce suit, so it moved to completion. Kim was granted child support and waived alimony. By California law, either she or Jake may request and will be granted a legal divorce, which will be recorded by the court, and will go into effect in seventy-two hours. So far, neither Kim nor Jake has requested the divorce.

"Meanwhile they are legally married and very pleased about it. Their sexual relationship is improving, they rarely differ about money and Kim now has her own bank account." **End**



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WHAT WOMEN ASK ABOUT SEX

BY THEODORE I. RUBIN, M.D.

THE NOTED PSYCHIATRIST ANSWERS YOUR MOST INTIMATE QUESTIONS

Does the fact that I have "love dreams" about other women mean that I am not normal?

It means no such thing. Love dreams of a sexual or non-sexual nature involving members of the same or opposite sex are quite common to heterosexual men and women. These dreams indicate a desire for closeness and warmth. We express these desires in "love dreams" because sexual feelings are strong enough to bring unconscious desires out into the open instead of allowing them to remain hidden in our subconscious.

My husband is eager for what I consider abnormal sex. He keeps assuring me that nothing that gives pleasure is abnormal. Since I do not enjoy it, what should I do?

I would suggest you re-examine your concepts about what is and is not normal. Practices—sexual or otherwise—are normal or abnormal only in the eye of the beholder. Some people derive sexual pleasure from activities that others would not practice. Some men and women automatically object to any practice—sexual or otherwise—because it smacks of too much freedom, excitement and fun and therefore equate it with being "bad" and "letting go." However, after you re-examine your concepts, if you still feel you can't comply with your husband's wishes, I suggest that you discuss it with him openly and honestly. You should not just "submit" to your husband's demands, because he will derive little pleasure from an unhappy partner—and continually forcing yourself to do something for someone else's pleasure can lead to more problems than just saying an honest "no" to a sex act.

My mother once told me that I shouldn't have sex during my menstrual period. Is this right?

Years ago, having sex during a woman's menstrual period was frowned upon, but today couples do have, and enjoy, sex during this time. It's simply a matter of individual desire.

Why has my sex drive decreased since I've been on the Pill?

Your lack of sex drive may be due to your lack of confidence in the efficiency of the Pill as a method of contraception. It could also be because the Pill is affecting your hormone balance. I would suggest, therefore, that you consult both your internist and gynecologist about your problem. I also want to add that in many instances, the Pill has increased women's desire for sex.

Sometimes my husband is so upset if I don't have an orgasm that I pretend that I did. Is this terribly wrong, since I know what I'm doing and it gives my husband such pleasure? I do enjoy sex—but I don't achieve climax every time.

I think what is terribly wrong is that you and your husband both evidently feel obligated to respond simultaneously and with the same intensity. When this doesn't happen, your husband's pride in his ability to make you respond is hurt and you, in turn, are afraid of making him feel inadequate through imagined inadequacy on your part. I think it would be a great relief for both of you to talk out this matter and rid yourself of the need for consistent mutual orgasms and the "pretending" that is used as a substitute for it. Mutual desire as to time, place and frequency of orgasm and response is never perfect. The most loving of couples, including those with satisfactory sex lives, are often arrhythmic. Therefore, it is quite common for couples *not* to share orgasms or intensity of sexual feelings every time. If your husband can't accept this reality, it may well be an indication of some confusion about his masculinity. Minimal pyschotherapy—at least—would be helpful to him.

My 71-year-old husband's sex drive shows no signs of diminishing. At my age (68) I find it trying and tiring. Will my husband's sex drive ever stop?

Your husband sounds like a man of considerable vitality and aliveness, and these are wonderful characteristics. Perhaps your difficulty stems from embarrassment. Some women *(continued)*

As a regular feature, Dr. Rubin answers questions on your personal, marriage, family, and emotional problems. The doctor is a well-known psychoanalyst who practices in New York. He is also the author of "Compassion and Self-Hate" (David McKay). If you have questions for Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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WOMEN ASK ABOUT SEX
continued

feel that it is indecent to engage in and enjoy sex at an advanced age. (Such feelings are nonsense.) If you do feel this way and if you can give up this old-fashioned idea, then both you and your husband can enjoy all possibilities —sexual and otherwise—whatever your ages.

How many times a week should a couple have intercourse?

As often or as seldom as the couple feels like having intercourse. There is absolutely no "standard" or "norm" except that which we all insist on imposing on ourselves.

Is there a right age to tell children the facts of life?

There is no set age at which a child is automatically ready for the facts of life. Different children mature at different times. I would say, therefore, that the right time to tell your children is when they ask questions about the facts of life. And children will ask questions if they live in a household that provides an atmosphere of healthy freedom and the right to be curious. Their questions should always be answered honestly but simply. In other words, do not go into details that are not asked for. It is too confusing to a child to receive information he is not yet ready to understand. Misinformation such as stork stories also confuse a child and should be avoided.

My husband would like me to be more aggressive sexually, but I can't be. Is something wrong with me?

I assume that you mean "assertive" rather than "aggressive." (Aggression smacks of sadism.) If by not being assertive you mean you can't indicate what you want and what pleases you sexually, or if you can't allow yourself free participation and pleasurable indulgence in sex, then perhaps you do have a problem. The problem may be related to superficial inhibition, but it is more often indicative of confused notions of goodness and a general inability to take good and loving care of yourself. Such self-neglect is best treated by a competent therapist.

Is there a difference between a vaginal and clitoral orgasm, and which is better?

This has been an area of much controversy over the years. My own conclusion is as follows: There is no difference. There is only one orgasm and it is almost always initiated by clitoral stimulation. However, an orgasm may be felt locally—in the area of the clitoris and/or vagina—or globally, as a full-bodied, emotional response. The local orgasm, usually a result of clitoral stimulation without intercourse, is often more intense but less satisfying. The global orgasm, usually the result of intercourse with or without accompanying clitoral stimulation, is often less intense, but provides a greater sense of fulfillment. In spite of the reams of material that have been written on "orgasm," no one has yet determined to what extent these responses are physiological or psychological.

Does the size of the male organ have anything to do with sexual satisfaction?

Very little. The vagina adjusts accordingly, and since it is particularly lacking in pleasure-producing nerve endings, a sense of "fullness" is more important for pleasure than nerve stimulation. Also, stimulation of the clitoris has little or nothing to do with the size of the male organ. Despite this, the size of a man's organ can have psychological effects on him or his partner.

How long does it take a man to recover from orgasm so that he can have another? What about a woman?

For a man, it could take anywhere from several minutes to several days. The time varies from man to man and can change at different times, depending on his state of health, age, sexual experience and mood. However, most men usually don't desire another orgasm for at least several hours.

As for a woman, the answer is dependent on psychological factors rather than physical ones. Physiologically, a woman can have many orgasms in rapid succession, though many women prefer one orgasm at a time with intervals of hours or days in between.

What is impotence?

Impotence is the inability to achieve or to sustain erection so as to make satisfactory intercourse possible. The condition is almost always psychological in origin.

What do you think of the theory that a woman's sexual response can be enhanced by strengthening the pubococcygeus muscle in the pelvis?

I think it can be helpful in effecting more stimulation to the clitoris. It can also help psychologically because the woman in question feels that she is helping herself in her sex life.

Can too much discussion and anxiety over performance take the whole spontaneity and meaning out of sex?

Absolutely! We ought to be more concerned with participation than with performing sexual feats of any kind. However, open discussion of likes, dislikes and preferences can be valuable —but *not* during love-making. **End**

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Shirley MacLaine: How To Be 40 And Love It!

She doesn't look it. She doesn't feel it. She wouldn't even have noticed the day she turned *that* age—if people hadn't insisted on reminding her. Shirley MacLaine is too busy starting life all over again to worry about numbers. ▪ By Martha Weinman Lear

Shirley MacLaine was strolling down Manhattan's East Side toward her apartment, licking a raspberry frozen yogurt, and looking quite like a kid. Actually she is 40. On the occasion of the big birthday, she was telling me, she had been at the Cannes Film Festival, and her secretary had been sitting in their hotel getting lots of transatlantic telephone calls from friends worried about MacLaine's psychic survival.

"They were all callin' up and sayin', 'How's she takin' it? Is she all right? Is she upset?' Like I was afflicted with *cancer* or somethin'." MacLaine drops her "g's" a lot. It is an amiable habit, closing distance between herself and the listener.

"So here they were callin', and I practically didn't even *know* it was my birthday. I mean, sure I knew. You can't forget that you're forty in this society, they won't let you. But it didn't really bother me. The numbers have never bothered me. I've always had the opposite problem—bein' taken seriously, because I look so young and I have a youthful nature. I've got to say, 'Hey, wait a minute, mister, I'm forty years old. *Take me seriously.*' "

We stopped for a traffic light, and a man leaned his head out of a big, white car, grinned hugely and yelled, "Hey, Shoil! How're ya doin', Shoil? Ya wanna lift?" She grinned back and waved him on. "You see that?" she said. "Nobody ever calls me Miss MacLaine. They don't even call me Shirley. They call me Shoil. Even now," she said, licking at a dabble of raspberry yogurt in the corner of her mouth, "they still refer to me as a kid."

Oh, kid, how *tempus fugit*. I remember that when *I* was a kid, home sick from school and listening to the radio soaps, there was one serialized essence of dumbness called *The Romance of Helen Trent* which the announcer introduced saying, "Now, the story that asks the question: Can a woman find love and romance after thirty-five?" Shirley MacLaine is a shining example to all of us of the distance we've traveled since those days. It isn't simply that she doesn't look 40, whatever *that* means, or that she's *(continued)*

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got that youthful nature. It is that she does what she does, and the hell with the numbers.

So what she is doing is this: She has gone from a Broadway chorus line into films; she has survived 20 years in Hollywood, en route winning three Oscar nominations (for *Irma La Douce, The Apartment* and *Some Came Running*); she let her movie career hang in suspension while she plunged into politics (working for Bobby Kennedy in '68 and for George McGovern in '72), into Buddhism, into radical feminism and into writing (she first wrote an autobiography called *Don't Fall off the Mountain;* her brand-new second book, *You Can Get There from Here*, is about her TV series and her trip to China). Having done all that, she started life over again on the stage in Las Vegas.

Then, last summer she toured the country in a slick, one-woman revue called *If They Could See Me Now*. Some song, some dance, some patter; and the audiences lapped it up like soup.

Last November she put together a dazzling TV special, based on her revue. She has formed her own film-production company and this summer will start shooting *Amelia*, the story of the famed aviator, Amelia Earhart, who was the first woman to fly solo around the world. But, before she does that, she's writing a third book, a sexy novel she hopes the movies will buy so she can play the lead. I mean, can a woman find love and romance after 35???

The question should be: What makes Shirley run? Why *now*, after so many detours of the body and the soul, has she come full-circle back to the stage?

Off to China

She went to China last year with the first American women's delegation, and that was a profound experience.

"One of the incredible things in China was to see people really livin' up to their potential," she says, "doin' the best they could. When I came home, that's what I wanted to do, and I could do it best as an artist. My drive is to express myself. I wanted to put together whatever talent I have and use it in the best way I could, givin' people as much pleasure as I could. I think that's important, givin' people pleasure."

MacLaine the little film kook with that improbable half-moon smile, could wrench your heart out, even make you think it was a family picture when it wasn't. (She made 37 films and played prostitutes in 14 of them.) "Hookers and doormats," she says, "that was my specialty." Her consciousness raised, she says now that she would never play another hooker unless

(continued on page 52)

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PET JOURNAL

What do you do when your dog or cat gives birth? Here some practical advice from a leading veterinarian.

Most pet owners want to make the experience of giving birth safe and healthy for their dog or cat as well as for the litter.

According to Dr. J. Lloyd Tait, president of the New York City Veterinary Medical Association, "Prenatal care can and should start before conception ever occurs. A bitch or female cat should be checked for parasites before it is bred. Otherwise, transplacental migration will occur during the pregnancy, and the puppies or kittens will be born with worms."

The gestation period for cats and dogs is approximately 63 days. "During the last third of pregnancy," says Dr. Tait, "the mother's food allotment should be enlarged to coincide with her increasing appetite, and she should be given a calcium supplement. Otherwise she and the litter will suffer from weak, brittle bones." Dr. Tait recommends a dietary supplement of dicalcium phosphate, which is readily available from any vet.

A few days before the birth, the mother will begin nesting—that is, preparing a spot for giving birth. At this point, the owner might try to guide the bitch (cats are less suggestible) to a preferred location by preparing a whelping box—lined with soft fabrics—and placing it perhaps in the back of a seldom-used closet. "It is important that it be a quiet, secluded place," says Dr. Tait. "When a dog goes into labor, she doesn't want the whole family to watch."

It is a good idea, however, to peek in occasionally, since complications sometimes do occur. "For example," says Dr. Tait, "the puppies may come through in a breech position. Or the mother may go into labor and seem to be straining without giving birth. In cases such as these, she should be brought to the veterinarian."

It is not true that once the actual birth is over, the rest can be left to the mother, says Dr. Tait. "In a healthy litter, the pups or kittens will be crying and struggling for milk. The mother may not have enough, or her milk may be toxic. The owner should watch the pups or kittens for signs of lethargy or stomachs distended with gas. In either case, a vet can provide a substitute formula." The litter should also be guarded against low temperatures, drafts and extremely low or high humidity—all can cause lung congestion.

At approximately two weeks of age, the puppies and kittens will open th eyes and begin to walk. Dr. Tait se no reason why, at this point, th should not be handled gently. "T mother will be jealous and will cry little," he says, "but she won't rej them. It is only immediately after birt when a veterinarian or owner cleans t newborn pups or kittens too thorough —removing their identifying odor—th the mother may not recognize them an therefore, reject them." In fact, says L Tait, handling is an important factor socializing a young pet and helping it develop a gentle character.

Since the new mother is now feedi her litter as well as herself, her di should again be increased. "As early a week or ten days," says Dr. Tait, "t owner might introduce the litter to pe size bits of raw meat." At three to fo weeks, the pups and kittens can l started on raw meat with vitamins, bal food, baby cereal and pet foods, so th will gradually become accustomed their new diet.

The actual weaning should take pla at approximately six weeks. "On th first day that the pups or kittens are r moved from the mother," says Dr. Ta "she should be given one quarter of h usual food allotment. This will cau her to produce less milk. On the secon and third day, she should receive ha of her normal feeding. On the four day, she can be returned to her regul diet. By then her milk production w have greatly diminished."

This is also the best time to brin the pups or kittens in for their fir series of shots. "Cats and dogs pass c certain antibodies to the litter at birth says Dr. Tait. "This natural immuni lasts approximately four to five week If kittens and puppies are inoculate too early, the maternal antibodies bloc the effectiveness of the injections, an the shots are of no value."

As soon as the puppies are weaned Dr. Tait recommends placing them i their new homes. "A young animal new ly separated from its mother is likel to form strong bonds of attachmen toward its new owner." As for the orig inal owners, the sooner they give u these soft, furry bundles, the better. C they may find themselves reluctant t give them up at all. —By Gini Kopeck

CAUTION: Before your pet has a litte remember that overpopulation of dog and cats has reached critical proportion

If your dog could read labels, we think he'd buy our chopped burger.



If your dog could read the ingredients label on a package of Gaines® Top Choice,® he'd really learn something.

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PENDING YOUR MONEY

By Sylvia Porter

In these hard times, what could be more helpful than having one of the nation's shrewdest money-management specialists show you how to save on your 1974 income tax?

If you are wondering whether your tax return will be audited . . .

What are the odds that the return you're set to file for 1974 will be checked?

You're typical if you haven't ample proof to back up every deduction you plan to claim and you're considering now the possibilities that after giving your return a thorough going-over, some Treasury agent may call you on the carpet.

- Take for granted that the arithmetic on your return will be checked.

The Treasury checks the arithmetic on almost all returns. And provocatively, taxpayers are found to be making large mathematical errors both for and against themselves.

- The probability that your individual tax return will be audited is generally about 1 in 56.

However, the odds will be much greater if your adjusted gross income is $25,000 or more; if you're in a trade or profession in which payment in cash is a widespread practice; if any of the deductions you claim appear abnormally large for your income bracket; if you have substantial unreimbursed entertainment expenses, etc.

- The odds are around 1 in 16 that a return filed by a corporation this year will be chosen for a thorough audit.
- Any claim for a deduction that is larger than typical deductions in a specified income class may in itself attract the attention of the IRS, even though your claim is 100 percent legitimate.

What are typical deductions against which to compare your own?

The table below is your guide.

In addition to showing you how you compare, these totals flash two vital meanings to you:

- If you are claiming deductions well above the averages, presumably you're honest about it but your chances of being questioned are decidedly enhanced simply by the fact that you stand out. Be prepared with ample proof to back your claims.
- If you're claiming deductions well below the averages, presumably you're spending less than other taxpayers in your bracket. Or perhaps you're overlooking some deductions, and this guide may jog you into hard thinking.

But, of course, these averages do not entitle you to deduct the average even though you did not spend that much. You can only deduct what you spent for these expenses.

What commonplace errors might get you in trouble?

The Treasury says these are the most common ones:

- Failure to attach all Forms W-2.
- Incomplete address or incorrect Social Security Number.
- Failure to check correct blocks indicating filing status.
- Incorrect checking of blocks for personal exemptions or listing of dependents.
- Incomplete listing of itemized deductions.
- Listing income, deduction or tax items on wrong line.
- Failure to sign return.

If you are actively involved in charitable work . . .

What can you deduct for use of your car in your charitable activities?

You can claim a charitable deduction for the cost of your gas, oil, etc., but you can't claim a deduction for depreciation and insurance on your car.

While determining the actual gas, oil, repair, etc., costs applicable to the charitable use of the car can be a difficult problem, the Treasury says that you can use a quick and easy rule of thumb.

Merely determine the mileage tha you used the car for charitable purpose and multiply that by 7 cents a mile. Th Treasury will accept the result as a de ductible charitable expense.

Thus, if you calculate that you drov your car 2,000 miles in connection wit charitable work during 1974, you ca deduct $140 (7 cents times 2,000 miles as a charitable contribution.

Any parking fees and tolls attribut able to the charitable travel can b added on to this mileage allowance.

What can you deduct for contribution to a needy friend?

Nothing. Direct contributions to ind viduals do not qualify as charitable de ductions. The contributions can b deducted only if you make them to corporation, trust, community ches fund or foundation operated exclusivel for purposes that are charitable, rel gious, educational, scientific or literary or for the prevention of cruelty to chi dren or animals. And the organizatio must be organized or created in th United States.

Can you claim a deduction for a chec mailed to your church last year bu which you find the church did not cas until January, 1975?

Yes. When you drop a check into th mails in a properly addressed an stamped envelope, you are considere to have paid the contribution.

What is your deduction for a $1,50 check you gave to your church instea of as tuition to the parochial school you children attend?

Nothing. Your check is considered a tuition or in lieu of tuition and therefo not deductible.

Can you deduct the cost of the uniform you buy to wear as a volunteer worke at your local hospital?

Yes. The costs of uniforms that have n general utility and are required appar while you perform your donated service are deductible.

If you support your parents . . .

What does support mean for purpose of figuring out whether you gave mo than half the support to your parents s you can claim them as dependents?

Support is not only the cash you giv It also includes board, clothing, mai service in the home, lodging, educatio medical and dental care, recreatio transportation and similar necessitie If you furnish any goods, the fair mark value is taken into account.

However, support does *(continue*

Average deductions claimed based on adjusted gross income
(Adjusted gross income in thousands of dollars)

	$5-6	$6-7	$7-8	$8-9	$9-10	$10-15	$15-20	$20-25	$25-30	$30-50	$50-100
Taxes	$625	$644	$694	$733	$810	$1,030	$1,404	$1,778	$2,184	$2,983	$5,145
Interest	494	533	634	669	757	931	1,097	1,208	1,360	1,686	2,855
Contributions	275	276	254	297	304	344	424	544	692	1,031	2,092
Medical expenses	583	531	473	391	395	333	294	291	336	393	462

The tampon more women trust

Here are some questions and answers about menstrual protection and Tampax tampons. They'll help explain why the word "trust" and the protection of Tampax tampons are linked so closely in the minds of women in over one hundred countries.

What are the facts about insertion?

The Tampax tampon container-applicator makes insertion comfortable and hygienic. Slim, smooth and pre-lubricated, it glides the tampon into proper position —quickly, easily. And unlike plastic applicators, it can be flushed away. Drop it into the toilet. In moments, the paper strips unwind and are as safe to dispose of as two sheets of facial tissue. The Tampax tampon, like its container-applicator, is completely flushable and biodegradable.

Does "absorbency" mean "protection"?

Not necessarily. A tampon can be very absorbent and still not prevent accidents from happening. A "water-glass demonstration" is not indicative of adequacy of protection. Water is not the same as menstrual fluid, nor is the inside of a glass the same as the lining of the vaginal canal or its contours. Tampax tampons are made of softly compressed, highly effective absorbent material. Placed in proper position by its applicator, a Tampax tampon provides more than sufficient protection for norma needs. Unlike some other tampons, it expands in all directions — length, breadth and width — to conform to varied vaginal shapes and sizes so that chance of bypass or leakage is minimal. Upon removal, the Tampax tampon slims itself so that it is as easy and simple to withdraw as it is to insert. The withdrawal cord is chain stitched the entire length of the tampon.



Is a deodorant necessary?

No. When a tampon is used, embarrassing odor does not form. Moreover, deodorants may cause irritations or allergic reactions, even be harmful to delicate tissues. Tampax tampons do not contain a deodorant. Why take chances with something that isn't needed?

Are Tampax tampons more economical?

Yes, indeed. Tampax tampons come in packages of 10's and 40's which cost less or about the same as packages of 8's and 30's of other brands. A lot more protection for your money.

What is the world's most widely used tampon?

Tampax tampons. More women buy Tampax tampons than all other tampons combined because they trust them. Shouldn't you, too?

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not include any income taxes or social security taxes paid for your parents, life insurance payments or purchases of capital items such as an auto. Nor does it include the value of your own services performed for the dependent.

How do you figure whether you furnished over half of the support of your parent?
Simply compare the amount of support provided by you with the amount of support that your parent received from all sources, including his or her own funds.

What if your mother lives with you? In computing whether you furnish half her support, how do you figure the cost of her lodging—as a portion of the cost of running the house? Or do you figure lodging is worth what you could have received in rent?
You use the fair rental value of the lodging, not a fraction of your actual cost.

If your mother lived with and was supported by you for four months in 1974 and lived with your sister who supported her in another state the other eight months, who gets the deduction?
The length of her stay with you is unimportant. The key is who paid more money for her support during the year. For example, if you spent $1,200 on your mother's support during the four months she was with you while your sister spent only $1,100 on her during her eight months of support, you get the $750 deduction.

If you are an employee and have an office at home . . .

What are the basic rules for deducting work-at-home expenses?
If you, an employee, perform part of your job in your house or apartment, you may be entitled to deduct part of your home expenses and rent because of your work at home.

The Internal Revenue Service says that you can take such a deduction only if you meet these two tests:
- As a condition of your employment, you are *required* to provide your own place for doing some or all of your job.
- You must *regularly* use a portion of your home for that purpose.

Many employees take work home at nights or weekends without being required to do so by their employers. If they claim an office-at-home deduction and their return is examined, IRS will disallow the deduction because they fail to meet the first IRS test above. But if you are willing to fight this point in court, a number of courts have rejected the IRS view that the office at home must be required as a condition of your employment in order to justify this deduction. They say it is enough if your work at home is "appropriate and helpful" in carrying out your duties, even if not required by your employer.

Which expenses can you deduct?
If you qualify for an office-at-home deduction, you can deduct an allocable portion of your rent, gas, electricity, etc. Depreciation can be deducted for the portion of your house used for office-at-home purposes. Purely personal expenses aren't included in the expenses that can be allocated.

What expenses incurred as an employee are not deductible?
Costs of commuting; entertainment expenses not required by your job; bar exam fees and incidental expenses of securing admission to the bar; accounting certificate fees; medical and dental license fees and campaign expenses.

If you are the divorced or separated parents of children . . .

Which one of you can claim the $750 dependency deduction for each child?
You, the parent who had custody of your child for the greater part of 1974 (usually the mother), generally will get

(continued on page 110)

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Perfect. And perfectly beautiful.
Wear with: Color Concentrate All Day Cream Blush, a nicely hushed touch of color.
Each one, waterproof.
With moisturizers and hydrolyzed protein conditioners.
And a loveliness that never fades before you do.
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GREAT COVERAGE
The Coty Collection
of Great Faces.



Christina Onassis: The Happiness Money Can't Buy

Aristotle Onassis' daughter is a millionairess with a broken heart. Her parents' marriage broke up. Her mother died suddenly. Her brother perished in an air crash. Her own marriage failed and there was talk of a suicide attempt. An up-to-date report by Willi Frischauer

Jet-set heiress to one of the world's greatest fortunes, courted by eligible gallants in London, Paris, Athens, New York and the Bahamas, the Golden Girl of Greek shipping—you would not have believed it, had you seen Christina Onassis as I saw her last March on a dusky London afternoon.

Her mane of rich, dark hair flowing in the wind as if she were in headlong flight from impending disaster, her brown eyes flickering nervously, she hurried toward her mews house in Mayfair. Her handsome face with the classical profile and the aquiline nose seemed tense and drawn, making her look older than her years.

Those who had met her in those days were not surprised when they learned that, 48 hours later, she had to be rushed to the Middlesex Hospital, unconscious, in great secrecy and under an assumed name (Miss C. Danai). Details only came to light months later, when her uncle, Stavros Niarchos, who is also her stepfather, claimed publicly that Christina had tried to take her own life—although I, for one, do not believe that this is what she wanted to do.

The whole truth, as seen in the mirror of my long acquaintance with the tragic Onassis family, was even sadder than this one incident suggests. One has to delve deeply to understand Christina Onassis, a girl who has everything—except happiness.

Inevitably, my mind turned back to the first time I met Christina—a few days before her sixth birthday. Hand-in-hand with her eight-year-old brother Alexander, she skipped gaily into the sumptuous drawing-room of the Onassis apartment in the exclusive Avenue Foch in Paris, and into the arms of her mother. Tina Onassis' delicate fair beauty made a striking contrast with the children's dark good looks, which they had inherited from their father, Aristotle Onassis, captain of a hundred supertankers, with a fortune counted in hundreds of millions. There could have been no more harmonious family scene than "Ari" and Tina with Alexander and Christina.

Following their little girl's every move with admiring eyes, the parents recalled Christina's birth in December, 1950, in New York, where Onassis and his wife, herself the daughter of an immensely wealthy Greek shipowner named Stavros Livanos, occupied one of Manhattan's most elegant residences. A bevy of servants ministered to little Christina's every wish. Little friends shared her first playful lessons. Altogether a well-ordered, protected, busy young life.

Appearances are deceptive. "Father was always traveling—mother, too!" Christina said later with a tinge of sadness in her voice.

"That was the root of the trouble," according to Madame Jenny Rocca-Serra, one of the housekeepers to whom Christina often turned when her parents were away. "There were houses, villas and apartments everywhere, but never a real, stable, permanent home for the children!"

Several times a year, the children were flown from the New York house to the Onassis' Paris apartment, from Paris to the villa in Athens, from Athens to the Riviera. "I was happiest in the South of France," Christina recalled. Small wonder! She was four years old when Onassis acquired the magnificent Château de la Croe in Antibes, which had previously served as a home for the Duke of Windsor. Christina spent hours exercising her two thoroughbred ponies, presents from the King of Saudi Arabia, with whom Onassis was doing business. Other wealthy friends of the Greek shipping magnate were as generous: Christina's favorite doll, a gift from her father, was dressed by—yes!—Dior.

In 1955, at the age of five, Christina accompanied her parents to Hamburg, where they took delivery of the world's most luxurious private yacht. It was named after her: *Christina*.

"The yacht became our home," Christina explained. "Our nursery was decorated by Ludwig Bemelmans," the famous artist and writer. To this day, her rocking horse and a specially designed slot machine for children remain on the boat.

As they cruised the Mediterranean, an English and a French governess looked after Christina. "By the time I was seven," she said, "I spoke Greek, French and English fluently." She has since acquired a fair *(continued)*

he invitation said "come as you were—in 1959"



ut instead we went blonde.

Jan said she wasn't about to climb into her high school cheerleader's
reater with that streak of gray in her hair. And I'd gained 10 pounds
nce I was senior prom queen. So unless we were going to look like
ıe last roses of the 50's, we knew we had to do something fast.

And we did. We went blonde. Actually, Jan said she'd been flirting
th the idea of a honey gold shade for months—as a softer way to hide
r gray than going darker. And I thought with a pale wheat shade high-
ghting my face, maybe people wouldn't notice my middle.

So I helped her and she helped me. And we did it the two-step way.
ıe professional way—with Lady Clairol® hair lightener. Lady Clairol
eps a blonde from getting that brassy look, because it lifts the
ırkness out of your hair. Then, when you apply a Clairol toner, all
ıe delicacy comes through. Doing it together, it was easy.
ıd halfway through, I dug out our old yearbook and we
ally got into the mood for the reunion.

Oh was that a party! We even got our husbands to do
ıe "Pepperment Twist." Maybe, it was the music that
ıspired them. But from what my Bill said going home,
was dancing with a 1970's blonde.



P.S. Jan used Lady Clairol's Maxi Blonde—because her dark hair needed more lightening.

ady Clairol: You do it for her. She'll do it for you.

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CHRISTINA ONASSIS
continued

knowledge of Italian and Spanish, too. What she did not know at the time was that her father had set up a trust for her and her brother; on her twenty-first birthday, Christina would come into approximately $100 million.

No clouds seemed to mar the sunshine existence of little Christina—except, perhaps, the puzzling conflict between her father and Stavros Niarchos, another Greek shipowner. The two men were related by marriage. Onassis had married Tina Livanos in December, 1946; Niarchos had married Tina's sister Eugenie in 1947. But though the two brothers-in-law were not on speaking terms, Tina and Eugenie remained close and Christina saw a lot of her cousins, the two Niarchos boys, Philip and Spiros. (Later there were also Maria and Constantine Niarchos, but they were much younger.)

Where was Papa?

"Then came a bolt from the blue." Christina sighed when talking to a friend about what happened next. For a child nearly nine years of age, what followed was bewildering and caused heartache which seemingly has never fully abated.

One morning in the summer of 1959, the yacht was anchored in Venice. When Christina awoke, she found her mother standing by her bedside. Mrs. Onassis told Christina to get up quickly because they would be leaving within the hour. Christina and Alexander just had time to grab a few toys. Before they knew what was happening, they were on a plane to Paris—and to their grandparents, Stavros and Arietta Livanos.

Where was Papa?

Tina Onassis looked grim but said nothing. "I knew there was something wrong, grievously wrong," Christina said later. She never saw the headlines reporting that Ari Onassis was in Milan with singer Maria Callas.

Deeply wounded by her husband's public association with another woman, Tina Onassis had decided to divorce him. Never again—except for one brief, tragic hour—was Christina to see her father and mother together. It is said that she has never forgiven Callas for coming between her parents.

Inevitably the Onassis divorce destroyed what Christina needed most: a home and a family. She traveled even more than she had before as she was shunted from one parent to the other. There was nowhere she could sink roots.

Two years after her divorce, Christina's mother, Tina Onassis, married the tall, handsome Marquess of Blandford, son and heir of the Duke of Marlborough. The elegant, solid, sporting English lord became an understanding stepfather. When she was in her teens Christina spent winter holidays in Switzerland with her mother and "Sunny" Blandford, skiing at St. Moritz. But Tina had suffered so many skiing accidents that Christina became apprehensive: "I never really enjoyed skiing," she admitted later. In the summer she joined her father on his yacht, but there was tension because Callas had to be kept away lest a scene take place.

Weekend jaunts

Onassis enrolled Christina in a famous Swiss finishing school, St. George's College, near Lausanne. "She seemed to be forever flying off for weekends in Paris, Athens, London, New York," one of her schoolmates told me. "It put her apart from the rest."

It was on a jaunt to the Bahamas that Christina had her first serious romance. (No, it never occurred to her that young men might court her because she was heir to the legendary Onassis fortune: "Most of the boys I met were themselves rich," she said "and we never thought or talked about money.") That was certainly true of the personable young man who took her out swimming, sailing and dancing: Goulandris, son of one Greek shipowner



nd nephew of another—Costa Lemos—whose wealth was reputed to be greater even than that of Onassis. Peter and Christina were together in Paris, met again in New York and Greece.

His daughter's union with young Goulandris would have pleased Onassis. But Christina, often sad, brooding, moody and always restless, was—as she herself put it—not ready for marriage. Eventually she and Peter drifted apart.

Christina also began to notice that all was not well with her mother's second marriage. The girl was desolate when she saw that the only steady relationship in the family was breaking up.

Ari's best-kept secret

There was news of a different kind from father. Onassis confided that his friendship with Callas was at an end. Then he revealed his best-kept secret: he was about to marry again!

Christina's big eyes grew even bigger when he told her that the next Madame Onassis would be Jacqueline Kennedy. Christina recalled Mrs. Kennedy cruising on the *Christina* five years earlier, in 1963, after losing her baby. But marriage? As Christina told a friend some time later, it came as a surprise but not as a shock. It was not at all like the Callas affair. But, while she tried to share her father's new happiness, and while she did attend the wedding, on Skorpios on October 20, 1968, it was still a case of yet another woman taking her mother's place.

No two women could have been more different than the emotional, nervous Christina and her serene, cool, controlled new stepmother, Jackie. But, once Christina's brief burst of temperament and tears subsided, she could not but admire the poise and style of the world's most celebrated woman, her natural elegance and her perfect, if a little old-fashioned, manners. Although Jackie wisely refrained from lecturing her or offering advice, unless asked, her example taught Christina a great deal.

Yet Christina's lifestyle did not change. On and on she went in true jet set fashion, flitting from continent to continent. In London she shared her mother's apartment near Grosvenor Square—except that mother was rarely there. In Athens, she occupied one of her father's villas. The family put a home in Paris at her disposal, and when she took a liking to New York there was also an apartment available. In fact, New York, with its faster pace, appealed to her most and when, in London, she was given a brown-and-white Pekinese puppy, she asked that it be sent to New York, a hint that this was where she wanted to settle down.

Around her, the family upheavals were as turbulent as ever. Lunching in New York in 1965, Christina sat opposite a young woman with a name as famous as her own—Charlotte Ford, daughter of automobile magnate Henry Ford. Christina could not guess that Charlotte was carrying a baby by Christina's uncle, Stavros Niarchos. Within weeks, Stavros parted from Christina's aunt and married Charlotte Ford. No sooner was their baby born than the marriage was dissolved and Stavros returned to Eugenie.

Worse to come

There was worse to come. On May 4, 1970, when Eugenie was found dead under mysterious circumstances Christina's mother felt duty-bound to look after her late sister's young children, thus depriving Christina of a large slice of her attention. When this drew Tina and Stavros Niarchos closer, it only heightened Christina's apprehension.

Her craving to escape from such complications seemed to become irresistible. In 1971 she went to Hollywood, where love affairs, marriages and divorces hardly cause a stir. Christina, almost 21, found a sympathetic companion in Joseph Bolker, a divorcé more than 27 years older than she—and the father of four teen-agers. In her emotional state, Christina was ready for love. She let it be known that she intended to marry Bolker. *(continued)*

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CHRISTINA ONASSIS
continued

Onassis was stung by his daughter's plan to marry—actually, the news was made public by Bolker, without even consulting Ari. Moreover, there was the matter of the $100 million which, under Onassis' trust arrangements, she was due to inherit on her twenty-first birthday. There were fears that if she married Bolker he might, under California law, gain control over this vast fortune.

Onassis implored her to wait. When she refused, he sent her brother Alexander to persuade her to give up this man who was more than twice her age. "Was not our grandfather twenty years older than his wife?" she asked defiantly. "Was not father more than twenty years older than mother when they married?" Admitting defeat, Alexander returned to Europe.

Not a penny

But Onassis is a hard man to cross. He changed the provisions of the trust so that Christina would not receive a penny if she married. Still, she insisted that she would marry Bolker.

In a final desperate attempt to prevent what she too felt would be an unsuitable marriage, Tina Onassis crossed the Atlantic and met Christina at the Regency Hotel in New York. For two days, mother and daughter talked and argued. There were tears, outbursts, recriminations—not a pretty scene, as Tina later described it. But Christina held firm.

Tina's intervention was doomed for yet another reason. While pressing her daughter not to marry Bolker, Tina told her that she—Tina—had decided to marry again. And, of all people, she planned to marry Stavros Niarchos, whom Christina had been brought up to regard as her father's enemy.

For a few days, Christina seemed on the verge of collapse. Herself a gentle person, she was under pressure from all sides, in danger of losing her financial independence, about to move into a strange new world. How fierce her inner struggle, and how searing the rift with the family might be gauged by this: She has never ever spoken about the painful weeks and months which followed.

Christina plunged ahead—in the words of one who was present—"like a sleepwalker." Her Los Angeles wedding to Bolker on July 26, 1971 was a muted affair. Christina seemed miles away—and so, indeed, were her friends and family.

Not one to admit defeat easily, Onassis pressed Christina to undo what she had done. Her mother bombarded her with cables and telephone calls, and Grandmother Livanos and Alexander joined the chorus. It was more than Christina could bear. After only six months, the marriage was dissolved.

To shake off the gloom, Christina engaged in a succession of flirtations, never allowing them to become deep or permanent. Her most frequent escort was "Mick" Flick, of the famous German industrial dynasty. Onassis met the young man and it was evident that he would not object to Mick as a son-in-law. No sooner had he signaled his approval than Christina broke off the romance.

Staying up late and sleeping late, there was not much purpose or direction to her life. Onassis is an insomniac and, like him, Christina found it hard to find rest. Life might have been easier for her had not Tina's marriage to Stavros Niarchos, which had taken place in October, 1971, come between mother and daughter.

Jackie Onassis seemed to her rather remote. Christina's friends—and at times Christina herself—wondered whether the second Mrs. Onassis did not deplore the element of restlessness around Christina. Fond as she was of her husband's daughter, Jackie's overriding concern had to be Caroline, her own young and vulnerable teen-age daughter.

Except for her eyes, searching, wandering, darting in all directions, there was no hint of Christina's problems. The attractive, intelligent young woman behaved beautifully and was extremely well turned out. She was dressed by Greek and French fashion houses, but her taste ran toward casual wear. "She would make a fine model," one couturier told me.

In January, 1973, Christina's brother Alexander was gravely injured in an air crash in Greece. Ari Onassis and Tina met again at his bedside and Jackie was there to support her husband in these tragic moments. Christina flew to Greece to be with her brother. For 36 hours doctors fought to save his life—but it was in vain.

Buried in work

Now Onassis, though desolate and not in the best of health, offered Christina a haven: "Why don't you come and work in our New York office?" he suggested. She might as well learn something about the business. Christina agreed and buried herself in the work that was given her.

But she would not be tied to a desk for long. Christina turned up in London, restless as ever. It was said that she depended on pills to find respite and sleep, and on pills to keep going. When, that evening last March, she apparently took more than was good for her, she passed out. The alarm was raised but, once she reached the hospital, doctors quickly restored her to consciousness. Her mother came from Paris to offer help, but was herself too tense and unsettled to bring solace to the troubled girl.

It was, in fact, Tina who needed help. As Christina recovered from the London incident, her mother was rapidly going downhill. Christina was back in New York when a call from Paris on October 10, 1974 brought the shocking news that her mother had suddenly died. The cause of death was not immediately clear.

Christina had not been aware that her mother's condition had been so serious. Was the mystery around this sudden death not similar to that which had surrounded the last hours of the previous Mrs. Niarchos—Tina's sister Eugenie? Was it suicide? Christina flew to Paris and asked the authorities to conduct a postmortem on her mother. Such inquests are usually requested when the cause of death is questioned.

Niarchos reacted angrily. Suicide? His wife had not committed suicide. On the contrary! He issued a statement saying that it was not Tina who had tried to take her own life but Christina, thus revealing the secret of the London hospital incident. Pathologists subsequently found that Tina had died of natural causes.

So as not to aggravate the situation, Onassis stayed away from the funeral of his first wife, who was buried in Lausanne, Switzerland, by the side of her sister Eugenie. Christina, with tears streaming down her face, stood only a very few feet from Stavros Niarchos, who had married two sisters and lost both in such *(continued)*

IF YOU HAD 2 EGGS THIS MORNING...



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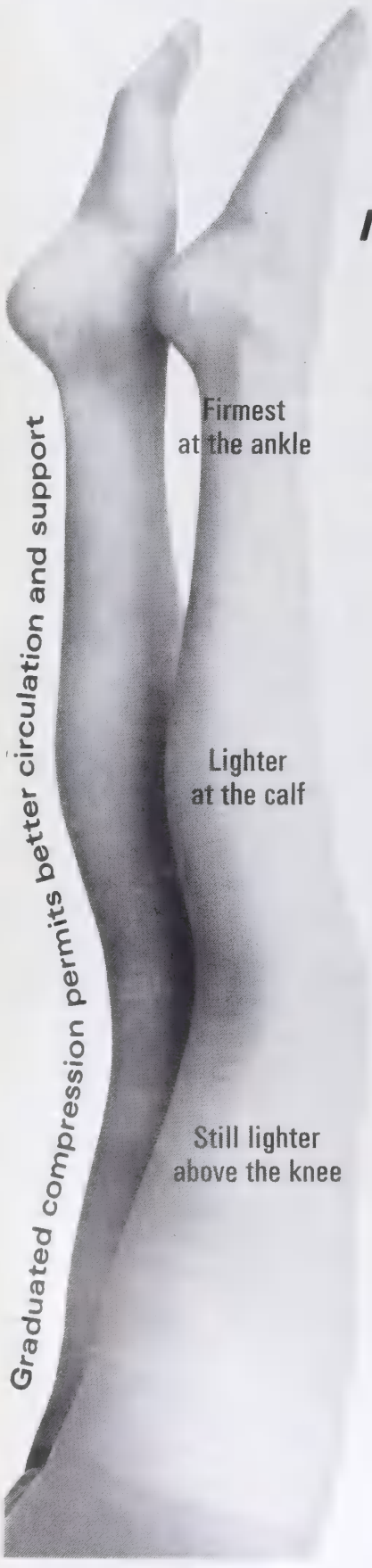
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CHRISTINA ONASSIS
continued

tragically similar circumstances. Not a word passed between uncle and niece, who were also stepfather and stepdaughter; neither gave the other a glance. At the end of the funeral, Christina walked away, a lonely figure overcome by grief.

One might then have despaired of Christina's future. Yet the next time I saw her, there was an air of defiance about her—as if, now that the worst had come to pass, she had lost fear. I detected a hint of the steely resolve that had carried her famous father through many vicissitudes.

Onassis drew Christina closer to him—and to Jackie who, putting all other considerations aside, instinctively and generously stepped into the gap which Tina's death had left in Christina's life. Christina was made to feel at home in the small circle of Jackie's own friends and family, and was offered the freedom of Mrs. Onassis' Fifth Avenue apartment. Jackie played an unobtrusive but effective part in healing Christina's psychological wounds.

When Christina saw Peter Goulandris again, their friends speculated whether she might after all embark on a steadier course by his side. She took a new interest in people, clothes, even parties—not big affairs but more intimate get-togethers. Her days were devoted to business matters at the New York offices of Victory Carriers, the major shipping corporation under the Onassis trust.

As she put the oppressive past behind her, one of her closest friends saw brighter signs shining through the mist of the future: "She may not rush into another close relationship or into marriage, though with an impetuous girl like her this is always in the cards."

Tycoon in the making

Christina's future is bound to be affected by the fortune which will be handed over to her before long. No other attractive, eligible young woman will control comparable riches, wealth enabling her to afford anything her heart desires (even a husband, as one cynic remarked). The truth is that it will make it harder for her to find a husband whose wealth matches hers—Peter Goulandris would qualify—or a poorer one whose self-respect could tolerate a wife with such formidable financial assets.

It is not an immediate issue. At the moment, I am told, Christina Onassis behaves more like a tycoon in the making than the vulnerable, erratic, lovelorn waif she was in the recent past. Prophecies are unprofitable. But it looks increasingly as if Aristotle Onassis, having lost the son whom he had groomed to take his place, has found a daughter who will step into the breach. **End**


No dishwasher detergent can prevent water spots.
Jet-Dry can, because it works in the rinse cycle.
This glass was washed with a leading automatic dishwasher detergent.
Any detergent, even the best, can leave water spots, because spots form in the rinse cycle, after your detergent has gone down the drain.
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JET-DRY
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BEAUTY JOURNAL

LATEST NEWS IN NAILS . . .

Is buffing. This was astonishing to us, for we thought nail buffing had gone the way of trolleys and gas lights. But our skepticism faded when we saw our own nails transformed by buffing—pink and glowing and almost as shiny as if we'd coated them with clear polish—but with none of the problems of chipping.

You will need a nail buffer, a little shaker of pumice powder, a jar of buffing compound, and a certain amount of determination. (Everything but the determination is available in drug, variety and department stores.)

How to buff:

(1) Make sure nails are perfectly clean and polish-free.

(2) Attend to cuticles.

(3) Shake a little pumice powder on each nail and buff lightly—*in one direction only*. This smooths out any little bumps or ridges.

(4) Apply buffing compound to nails—and again buff in one direction. Do this with great force and energy. And don't give up; the shine emerges suddenly. (To keep it up, you'll need to buff about once a week.)

Materials for carrying out this new-old ritual are now becoming widely available. Revlon makes a nail buffer that sells for around $2.50. And Flowery has a whole line of buffing materials: buffer, $1.50; powder, $1.50; paste, $2.75. Happy buffing!

CHANGE FOR THE BETTER



Q: *I've worn glasses for 25 years, since I was a child and now am considering contact lenses. (My vision problems can be corrected with contacts.) I feel the need for a change in my looks, but do you think that would be too drastic a change? Many people have never seen me without glasses.* —*N.S.; Merced, Calif.*

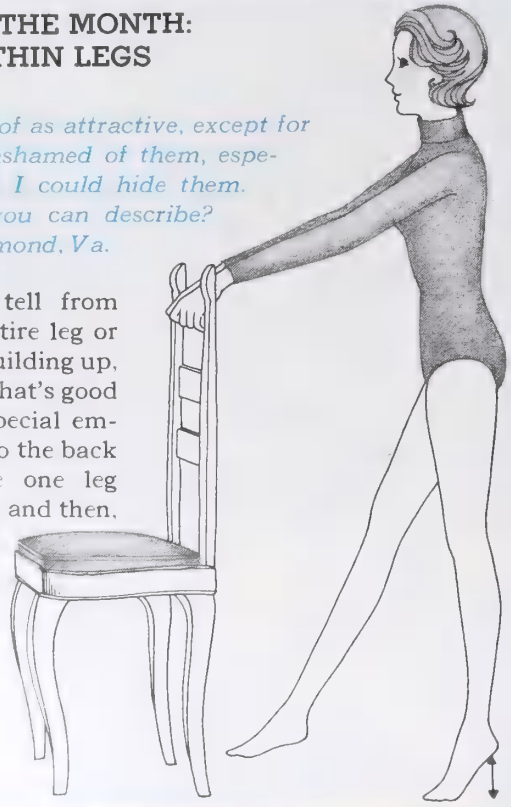


A: We think you'd look great minus glasses . . . and plus a touch of pretty eye makeup for your gray-green eyes: teal-blue eyeshadow and a goodly amount of dark-brown waterproof mascara. (Try stroking on two light coats.)

We've also suggested a new hair style (see drawing), with a side part and bangs softly curled to one side. (Your hairdresser can show you how to do the simple set at home.)

EXERCISE OF THE MONTH: HELP FOR THIN LEGS

Q: *I've often been thought of as attractive, except for my very thin legs. I'm so ashamed of them, especially on the beach. I wish I could hide them. Is there an exercise that you can describe? Please help me.*—*J.P.; Richmond, Va.*



A: Because we couldn't tell from your letter whether your entire leg or only the calf muscle needs building up, we've suggested an exercise that's good for your whole leg—with special emphasis on the calf. Hold on to the back of a straight chair; place one leg slightly in front of the other; and then, with the back leg, rise up on the toe *slowly*—and drop the heel *slowly*—back to the floor. Repeat exercise six times for each leg, and do it once a day. (If muscles feel stiff, keep on. The exercise is working.)

THE BEAUTY COUNTER

News for devotees of the green and foresty smell of Clairol's Herbalessence Shampoo: Three new products now breathe the Herbalessence aura—a bubbling body bath (*very* bubbly), an after-bath body splash, and a bath powder. (We're waiting for Herbalessence toothpaste.)

Mask of the Goddesses. "How are you going to look like the goddess of spring this year?" someone challenged one recent gray and rainy morning. Quickly we resorted to a little tube from Elizabeth Arden called Instantly Refreshing Face Mask. (Pat on a pink cream, wait two minutes, rinse off.) Result: A little short of mythical radiance, but a definite bit of extra glow. Nothing wrong with that. ($5 for a 4-oz. tube.)

Newest signature fragrance: Halston. Sophisticated, Oriental with green top notes—it's frankly *luxury* perfume from one of America's top designers. We tried the cologne form, which *is* affordable, fairly long-lasting and which made us feel sweetly chic (2½ oz., $9; atomizer, $10).

Illustrations by Susan Gray

The Science of Beauty:

Helena Rubinstein believes that if you want your skin to look vibrant and full of life, it should be able to breathe. Even under makeup. So we created Fresh Cover.

Fresh Cover Makeup does something special: it lets your skin breathe. Put a sweep of it under a microscope, and you'd see a lacy network of color with plenty of open, airy breathing space. But you'd never guess to see it on. It covers superbly. Gives you the soft, sheer color you want and lasts all day. Without clogging your pores.

Discover Fresh Cover. There's a whole collection for young skin...cleanser, makeup, powder. Until you do, you're missing out on an exhilarating experience: the free, fresh, healthy feeling you get with makeup that lets your skin breathe.



Fresh Cover
Helena Rubinstein

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MOTHERING



News, ideas and information every mother needs to know about child-rearing. By Geraldine Carro

SAFE BETS

Small Children in Cars: How to Cut the Risks. The driver, a young mother, was killed instantly when her car was struck by an oil delivery truck. As police searched the wreckage they found a survivor—an 8-month-old child—saved by the crash-tested car seat in which his mother had strapped him.

Despite statistics that say car accidents are the number-one killer of children under five, too few parents are protecting their children properly.

Young children are often placed in standard seat belts or, worse, held precariously in an adult's lap. Because children under four have top-heavy builds, a specially designed car seat is the only safe solution.

"Along with a crib and a high chair, a car seat is among the three most important pieces of equipment a parent can buy," says Debbie Richards, a founder of ACTS (Action for Child Transportation Safety), a parents' group.

Picking a Safe Car Seat. Unfortunately, selecting a seat that insures maximum safety is currently confusing business for parents. Many seats now sold have been proved unsafe in university-conducted 30-m.p.h. tests.

A label on a seat saying it meets Federal Safety Standards isn't much help, since the government doesn't require dynamic tests. New federal rules going into effect late this year will, but in the meantime several hundred thousand unwary parents will buy unsafe seats.

There are, however, many sound, crash-tested car seats available. A number have heavy-duty molded plastic frames with a harness or a protective body shield. Physicians for Safety, a group of concerned doctors, will provide actual brand names of safe seats on request.*

"But even the best seat," warns Annemarie Shelness of P.A.S., "is no better than a rocking chair unless a parent installs it correctly."

*Send for "Don't Risk Your Child's Life," with 25¢ and a stamped self-addressed envelope to Safety, LH, Irvington, N.J. 07111

FUN & GAMES

Colette and Her Cooking Kids. Colette Rossant not only believes that cooking is kids' stuff, she proves it weekly with groups of be-aproned 8- to 12-year-olds on PBS's new *Zee Cooking School. (See local TV listings for air times.)*

The participants, schoolchildren from South Carolina, seem as at home making Quiche Lorraine as they would making mud pies.

"Kids are natural cooks," says French-born Colette. "They have fewer inhibitions than adults."

For parents who are worried about letting their uninhibited children loose in the kitchen, Colette advises teaching a few fundamentals first. Three critical rules are: Gas burns; water is hot; and knives cut. "You teach kitchen rules the way you teach rules about crossing the street," she says.

Begin by cooking something with your child he or she really likes. Choose a recipe that has few ingredients and steps. Also preferable is one with a short cooking time so the child won't become restless waiting for the results.

Colette also councils parents not to worry if the cooking session ends with the child up to the elbows in cake batter licking the bowl. "Tasting is the only way to become a really good cook," she says.



WORKING MOTHERS

Easing the Morning Crunch. As working mothers know, getting yourself and the children out of the house in the morning can be the hardest job of all.

Just as things finally seem under control—everyone is dressed and breakfast is ready—the six-year-old refuses to eat the fried eggs. Tempers flare and the day starts under an emotional cloud.

At the root of the tension is more than uneaten eggs. "The morning is a time of separations and saying good-bye," explains Dr. Eleanor Galenson, a child psychiatrist at Albert Einstein Hospital. "It is understandably a difficult moment for children and working mothers."

A child may show anxiety over the mother's departure by refusing to eat or dress. "There are many ways to say 'no,'" she says.

The rushed mother can make matters worse, especially if she feels guilty leaving. She may even hurry more just to avoid her child's anger and her own guilty feelings, Dr. Galenson suggests.

"Once a parent understands why the tensions exist, she can usually handle them better," she says.

"Don't let small issues be a battleground," she warns. One technique she recommends is giving older children more independence in deciding what they wear and eat.

For the very young child, parting is particularly hard. If possible, the child should leave before the mother does in the morning. "It's easier to leave than be left," she points out.

But even with a relatively cooperative family, lack of time remains the universal morning problem. "The greatest gift an employer can give a mother is a little leeway in the hour she arrives at work," she says. "Children, after all, are not machines."

Do you have ideas or news for other mothers? Write your comments to "Mothering," LHJ, 641 Lexington Ave., N.Y., N.Y. 10022

IN GOOD HEALTH

Super Sandwich. Learning about nutrition is necessary, but hardly as much fun as a fast game of Monopoly. The makers of *Super Sandwich*, a board game for children, have changed all that. With a roll of the dice players move from Breakfast to Lunch to Dinner, learning the basics of nutrition and good eating along the way.

Available at toy stores or Teaching Concepts, 230 Park Avenue, N.Y., N.Y. $12.95.







The Science of Beauty:

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Dermatologist tested and approved.



Brush-On Peel-Off Mask.
Helena Rubinstein

the hooker ended up President. Of the United States.)

And MacLaine the feminist politician, speaking out for abortion on demand (but going along, finally, with the McGovern forces who refused to support that stand). She says that she acquiesced because she recognized the imperatives of practical politics, but some feminists have never forgiven her. And MacLaine the radical, speaking out for the legalization of marijuana. MacLaine the mystic, climbing up into the Himalaya mountains to confer with gurus, seeking answers to her inner questions. MacLaine likes to ask the large questions: "Who am I? How can I figure out the human race? Where and when and how do I fit into it?" Questions like that. Sometimes she sounds like a bright and fervent undergraduate struggling with the eternal enigmas that each generation of undergraduates invents anew. Whether she found answers, I don't know—she *thinks* she did, some of them—but at least she tried.

So she is *doin'*, and it becomes her. For a while, during the McGovern campaign, she was heavy—fat, really. "I was interested in politics, I was interested in writin', I was interested in everythin' but myself." But she recovered her self-interest and got the weight off. She still does Yoga every day. Walking down the street now, in a simple brown pantsuit, with no makeup, she attracted occasional flashes of recognition from passers-by, and she seemed to be liking it a lot.

So it came as a bit of a surprise when she announced, settled down later in the living room of her apartment: "I am basically a person who would like to be anonymous. I'm basically shy. I would have been a reporter, a person who goes around lookin' and then writes it all down. There's a whole part of me that would like to give up being focused on so that I could focus *out*."

But wasn't she happy? I asked.

"I want a lot of fun"

"Oh, yeah. It's just that if I'd been a reporter, I would have gotten into politics and travelin' and writin' and social concerns and all those other things that interest me, because that's what reporters have to do. But I like my life. I'm havin' more fun now than I've ever had and I want to have more. I mean," she said, picking around in a bowl of mixed nuts, "I want a *lot* of fun. I think fun is really important, as important as obeyin' the Golden Rule and abolishin' war and electin' the right candidates. My trouble is, I'm really a terminal Protestant. I've never taken the time to enjoy all this stardom stuff, because I don't think of myself that way. I think of myself as a hard worker who wants to express herself. And that's fine, but I shouldn't do everything for a reason. I should be able to do things just for the fun of it. In the early days in Hollywood, I was better at that."

In the early days in Hollywood, people couldn't figure her out at all. There she was, just a kid who'd been thrust suddenly into stardom when the star she was understudying on Broadway (Carol Haney, in *The Pajama Game*) broke an ankle and MacLaine took over the role. Then Hollywood sent for her and she acted as though she didn't know how *lucky* she was to be there, telling directors to go fly a kite. Once she publicly punched a powerful columnist, the late (though the punch didn't kill him) Mike Connelly, for badmouthing her in print. When she made *Some Came Running*, in the mid-1950's, she became the only female member in good standing of The Clan, that tight, glittering little social myth whose center was Sinatra, and there was a lot of lip-licking talk about what they *did*. (What they did mostly, she says, was play gin rummy while she emptied the ash trays.)

It was in the cards from childhood that Shirley MacLaine would grow up rebelling against whatever. She comes from a proper, Baptist, middle-class Virginia family, where one of life's urgent questions was, "What will the neighbors think?" And it is not curious that her brother Warren Beatty, three years younger, grew up to fight the same fights. MacLaine understands the reasons very well.

"It was that middle-class syndrome of protectin' you from yourself, right? You go out explorin' on the other side of town and your parents come and put you back in the yard and say, 'Now, listen, we *told* you not to go out explorin', 'cause you're gonna get hurt.' They build a fence of protective intimidation around you. And you keep jumpin' the fence, and they keep bringin' you back, and what they succeed in doin', finally, is teachin' you how to jump. They made me an investigator, a revolutionary, a person who wants change, because they forced me to tone my muscles to jump that fence. And there was Warren jumpin' right behind me."

It's interesting that these siblings developed such different images. MacLaine's was never essentially sexy. Hers was a more generalized appeal, whereas Beatty, from the very beginning of his film career, was classed with the sex symbols. I asked MacLaine why she thought this was so.

"Well," she said, "I think Warren really enjoys sex, but I enjoy other things more. I *like* sex, but it wouldn't bother me if I went for long periods of time without it. It would bother me if I didn't have privacy, or silence, or time to think and read and express myself. . . . There are many things I really essentially need, and sex isn't one of them. I think it is with Warren.

"What appeals to me sexually is always someone's mind, someone's imagination, someone's sense of humor. That is all very sexy stuff to me. Whereas with Warren, evidently, the act itself is what is sexy. So the different ways we project on film are consistent with our characters."

MacLaine considers marriage obsolete, she says. She was living an alternate lifestyle long before it became a chic phrase. She has been married for 20 years to Steve Parker, an American businessman who lives in Japan. Mostly it's been a part-time marriage. In the early years she hopped back and forth across the Pacific, a few months here, a few months there. Now, she says, they are "separated, but very friendly." They have a daughter, Sachie, now 18, with whom she has a loving if atypical relationship. Sachie has gone to school abroad. In recent years she has been with MacLaine summers, Christmas, Easter—"That's enough time to see any kid," she says.

"I really love children" (she supports 120 Asian orphans and visits them whenever she is in that part of the world) ". . . and especially girls from ten to thirteen, when you can talk to them. Why especially girls? Because I just love women. I think they're good people. But anyway, that one to ten business, I'm not very good at that. All those diapers and whoopin' cough . . . I enjoyed my daughter and I love her very, very much. But I'm not really the mother type. There's no point foolin' myself about that."

Divorce is obsolete

As we talked a typewriter was clacking away down the hall. It was journalist Pete Hamill working in his study. He has been very much a part of MacLaine's life for several years, but she says that she has no intention of remarrying—or of getting a divorce.

"A divorce to me would be as obsolete as another marriage. Actually, it's not marriage I object to so much; it's the state of mind of the conventional marriage, people bein' considered each other's property. I don't mind the kind of marriage I have. And it doesn't matter to me much if people don't understand. Obviously, it's a very private set of beliefs, and most of the people in my life respect it, includin' Pete."

Hamill is a direct, affable man, a marvelous writer. He wrote the script for *Amelia*, and MacLaine seems to have come out of Central Casting for the part. For Amelia Earhart was herself a free-thinker, a feminist back in the '30's.

"That woman was *serious*," MacLaine said. "When she got married, she made her husband sign an agreement just

continued on page 112

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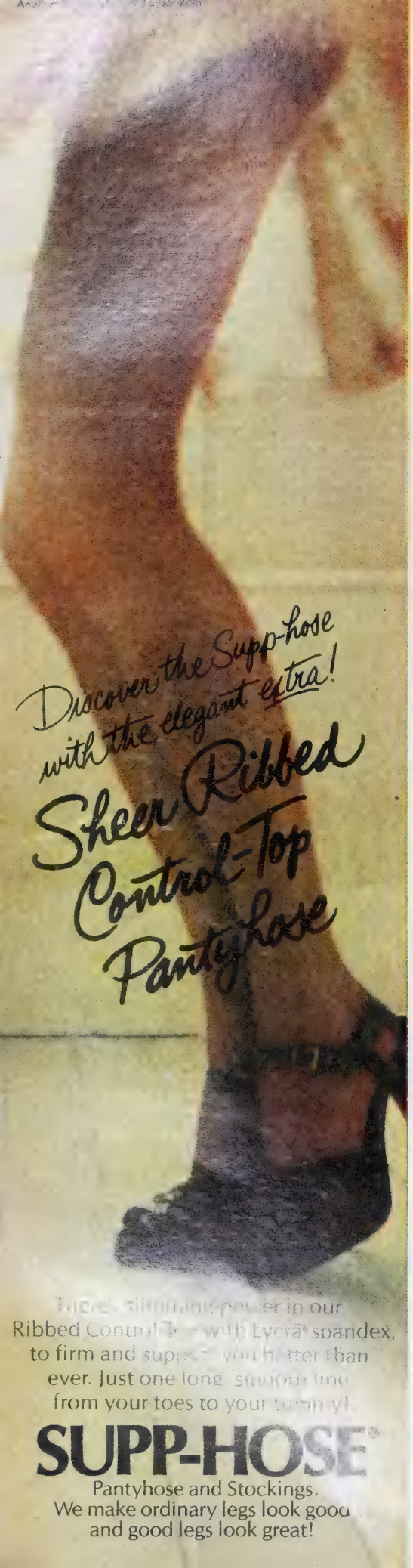
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MEDICINE TODAY

(en-do-me-tri-o'sis)

A "pelvic problem" puzzling many women (and their gynecologists). By David R. Zimmerman

Progress *is* being made against endometriosis, the female disorder that afflicts thousands of women during their reproductive years. Endometriosis is most prevalent among intense, ambitious women, particularly those who delay childbearing into their late 20's or 30's. Doctors believe, therefore, that the constant repetition of menstrual cycles, uninterrupted by pregnancy, may be a contributing cause.

The disease is named for the *endometrium*, the special tissue that lines the inside of the uterus. Endometrial tissue thickens each month in preparation for pregnancy. When conception does not occur, much of the tissue is detached as menses, as the reproductive cycle begins anew.

Endometriosis occurs when bits of endometrial tissue turn up outside the uterine cavity. Bits are found in the abdomen, attached to the outer surfaces of the uterus, ovaries and/or fallopian tubes.

No one knows how this endometrial tissue gets to these places where it does not belong. One theory is that during menstruation, tiny amounts of endometrial tissue travel in the wrong direction—upward, through the fallopian tubes and into the abdominal cavity.

This out-of-place endometrial tissue, like normal endometrium, thickens and engorges with blood during the first three weeks of the menstrual cycle. At menstruation, the blood, fluid and tissue can escape the abdominal cavity only with difficulty, if at all.

These mini-menses are extremely irritating to nearby body tissues. Normal smooth tissue surfaces are destroyed, and are replaced by scar tissue. Bands of this fibrous tissue may make adjacent organs stick together in unnatural positions. In some cases, the scar tissue around the endometrial implant grows into a cyst the size of a grapefruit. These endometrial cysts are not cancers, and cancer rarely develops in conjunction with them. Endometriosis is almost never fatal.

The disease can make its presence known to a woman in several ways. She may find that she cannot become pregnant, because the disease mysteriously interferes with conception. Or she may feel pain of varying degrees. A common early symptom of endometriosis is pain while urinating or pain during sexual intercourse or during menstruation.

A diagnosis can be made only with a gynecologic examination. A gynecologist can often feel the bump-like implants and/or larger cysts, scarring or displacement of the reproductive organs.

To be sure, the doctor may ask a woman to undergo a diagnostic procedure called a laparoscopy. Under general anesthesia, he passes a long, thin viewing instrument into her abdominal cavity through a tiny slit near her navel. Through it, he can see and photograph the area.

Treatment depends on the severity of the symptoms, the woman's age and the number of children she has had or hopes to have. If the patient is in her late 30's, has had several children and suffers severe pain, the gynecologist may suggest removal of the uterus, fallopian tubes and ovaries. Endometrial tissue engorges and is sloughed off only under the influence of female hormones produced in the ovaries; when the ovaries are gone, the disease goes with them.

In a young patient suffering little pain, one whose problem is an inability to become pregnant, the gynecologist may perform surgery to remove endometrial cysts and adhesions and reposition the reproductive organs in their normal place.

When an infertile woman is treated in this way, the odds may be better than fifty-fifty that she will conceive. Two Norfolk, Va., gynecologists, William Andrews, M.D., and G. Douglas Larsen, M.D., recently reported that 23 of the 39 infertile women on whom they operated in this way became pregnant.

The alternative to surgery is hormonal therapy. Male hormones, like testosterone, can be used as well as the female hormones, estrogen and/or progesterone. These hormones interfere with the menstrual cycle, even stopping menstruation in most

(continued on page 58)



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RALPH NADER REPORTS:

At tax time, the consumer's best friend warns against fly-by-night tax preparers who can cost you dearly.

Our tax laws have become so complicated that millions of Americans, in addition to paying their taxes, must first pay to find out how much they owe. Each year nearly half of all taxpayers pay the tax-return preparation industry about $600 million for help in filing tax returns.

As many as 250,000 tax preparers do business during the tax season. They need not pass any examinations or meet any educational or other requirements. Of course, the great majority are honest and well-informed—especially if you are wise and take your tax problems to a CPA or a lawyer. But if you patronize a commercial tax-preparation service, choose carefully since some are incompetent, dishonest, and unethical.

The unscrupulous tax preparer may assure you of a refund, often with a percentage for himself, and talk you into inflating your deductions or taking nonexistent exemptions—for which you may later incur tax collections and penalties if the return is audited. Over the last three years, the government has taken legal action in 656 cases where such clear-cut criminal violations of tax laws appeared to be involved.

The Federal Trade Commission has also filed a number of suits against tax preparers for false claims about their services, such as "instant refunds," which are no more than ordinary loans on which the customer must pay interest.

Incompetence and ignorance

The more likely pitfall for taxpayers is incompetence. A few years ago, an Atlanta man submitted his tax figures to five different tax preparers. The results varied from one preparer who said the taxpayer should get a refund of $652.04 on his federal return, to another who claimed that the taxpayer owed an additional $141, a difference of $793.04, using identical figures. No deliberate fraud was involved; some of the preparers overlooked legitimate deductions; others made mistakes in arithmetic; others were ignorant of changes in the law.

These were not small seasonal operations, but some of the better-known tax preparation services. In fact, no preparation service, however well established, can guarantee the qualifications of its employees. America's best-known tax preparation firm, in its company manual, suggests as sources of personnel "firemen who can work on their days off, college students, military personnel and housewives desiring part-time or seasonal employment." Many of these people may be very able, of course, but there is no reason to believe they are better qualified than the taxpayer who pays for their help.

Recently, the Nevada State Supreme Court upheld a $100,000 punitive damage award against an official of one nationally known tax preparation chain for fraudulent representation of expertise. The plaintiffs were wrongly advised on an investment tax credit for which they were subject to tax collections, levies and liens. The court found that in this instance the firm had made no effort to hire preparers with minimum skills. The tax preparer in the case, a former construction worker, had had no formal training whatsoever.

The IRS is seeking new laws to enable it to uncover and penalize fraudulent tax preparers more easily, or to put them out of business. (At present IRS can prosecute preparers only for criminal fraud. There have been proposals that would allow action to be taken for negligence or civil fraud. They would also require tax preparers to sign all returns and keep all the returns they prepare for three years.)

These proposals, however, would not protect taxpayers from incompetence or help screen out fraudulent tax preparers before they take advantage of the public. A better alternative would be to license all preparers before they can go into business and to require them to pass a standard qualifying test.

Meanwhile, what can a taxpayer do?

First, determine whether you really need help on your returns. If you can take the standard deduction and use the short form, 1040A, you can probably file your return without help. If you earn a straight salary and have routine deductions, you can still fill out your own return with the help of a good guidebook that can set you straight on such items as sick pay, retirement pay, moving expenses, out-of-pocket business expenses, and the like.

To select the guide that is right for you, take the time to look over several of them at your local library or newsstand. Select a topic that interests you such as moving expenses or child-care deductions. First, see if the guide has a complete index in the back and whether your topic is listed. If the book has no index or detailed table of contents cross it off your list.

Next, read what the guide says about your topic. Compare the length, detail and clarity of explanation with what another guide says on the same subject. Check to see which guide has the most helpful examples. Also check to see if the guide has a complete set of the forms and schedules you will need to fill out your return, plus the gasoline and state sales tax tables. Note whether the book tells about the court decisions favorable to taxpayers—decisions that may differ from the official IRS view. You might want to follow the court decision instead of the IRS advice, since often the courts disagree with official IRS positions. It will be a rare instance in which you will have to go to court but you may want to rely on a court decision if the IRS challenges you.

Also, use the free Internal Revenue Service guide, *Your Federal Income Tax* (Publication 17), which you can obtain at your local IRS office. It gives clear explanations and good examples of the IRS view of the law.

Don't hesitate to ask

If you run into difficulties, contact the IRS. It has tax service representatives in every district. In fact, the IRS will fill out your forms for you if you wish, free of charge, and no one should hesitate to ask for this service.

If you do go to a commercial tax preparation service, avoid those that set up shop only during the tax season of January 1–April 15, then disappear. Never deal with a preparer who asks you to sign a blank form, guarantees you a refund, asks you to authorize him (rather than you) to receive a refund, or suggests underreporting your income or other fraudulent practices. Always insist that the preparer sign your return and give you a copy of the completed return when you sign it.

In the long run, the only way to eliminate the problems of tax preparation is to simplify the laws so that taxpayers can prepare their own returns, and at the same time, to reform a system that grants proportionately greater benefits to taxpayers with larger incomes. For current information on the critical issue of tax reform, you can subscribe to *People & Taxes*, a monthly newspaper ($4 for individuals, $8 for business or professional groups). Write to Public Citizen Tax Reform Research Group, P.O. Box 14198, Ben Franklin Station, Washington, D.C. 20044. **End**

For more tax tips, see Sylvia Porter's column in this issue.



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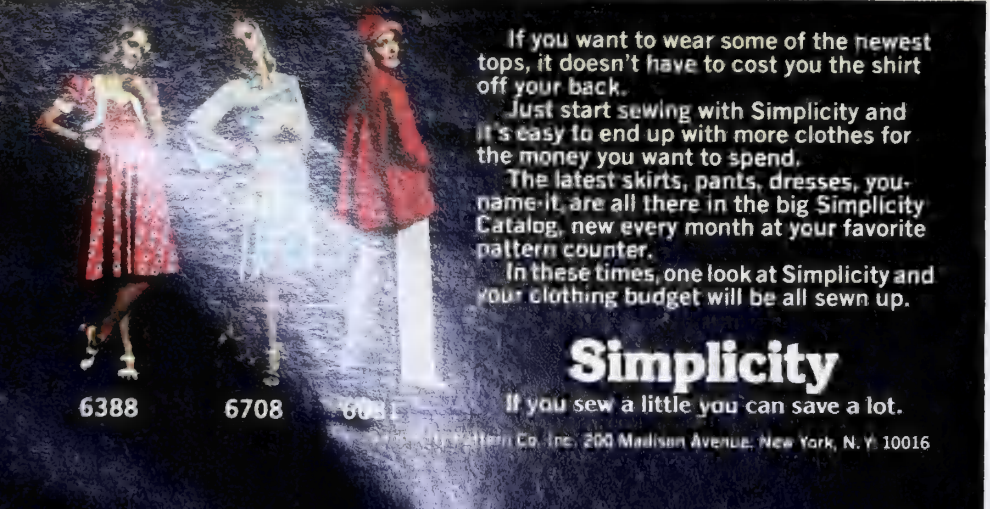
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ENDOMETRIOSIS
continued

cases. When menstruation is stopped, misplaced endometrium tends to disappear gradually.

Hormonal therapy, rather than surgery, is most often the first choice for treating endometriosis, particularly in women for whom pain is the predominant problem. If the pain can be controlled, surgery may never be needed, since at menopause, when the ovaries stop producing monthly surges of estrogen and progesterone, endometrial tissue grows quiescent—and the pain usually vanishes.

The problem with most hormonal regimens has been the side effects. Male hormones can cause acne, deepen a woman's voice and cause whiskers to grow on her chin. Robert Kistner, M.D., a pioneer in hormonal therapy, concedes, "The estrogen has produced side effects so severe that many patients prefer the pain of endometriosis to the nausea, edema, bloating and weight gain of therapy."

"Get pregnant quickly"

The hormones are given for several months, and when they are stopped, the symptoms of endometriosis usually abate. Infertile women are told to try to become pregnant quickly, before the symptoms return.

Hormonal therapy, doctors say, is less effective in curing infertility than surgery. Drs. Andrew and Larsen reported that only 43 percent of the hormonally treated women conceived, compared to the 59 percent who conceived after conservative surgery.

Some doctors try surgery *and* hormones, one after the other. But in the few patients whom they treated this way, the two Norfolk clinicians reported pregnancy in only 21 percent.

The newest weapon against endometriosis is a promising but still experimental hormonal agent, danazol. Gynecologists who have used danazol have been impressed with it. As Robert Friedlander, M.D., of Albany, N.Y., Medical College says: "Side effects are generally inconsequential and acceptable." However, he cautions that in some cases, severe side effects can occur.

Danazol is a synthetic male hormone, but its masculinizing side effects are less pronounced than those caused by other male hormonal agents. Dr. Friedlander reports that most of the women whom he has treated with danazol because of painful endometriosis experienced complete relief or improvement of their symptoms. Of the 22 women whom he treated with it because of infertility, nine became pregnant. In Dr. Friedlander's view, danazol is "a significant new approach to the treatment of endometriosis." **End**

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By Ann B. Bradley

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An outdoor buffet, from left: the Mesdames Harold Wilkie, Donald Stroud (hostess), Donald Lillegren, Paul Knaplund, Oscar Mayer (managing editor of book), Harry Yost (flowers), Weber Smith (co-hostess).

COMMUNITY COOKBOOKS

COMPOSITIONS FOR COOKING

The JOURNAL *visits Madison, Wisconsin, for this latest in a series devoted to finding the best in local, community cookbooks and the treasure of recipes they contain.*



Baked trout, fresh-caught within hours of our eating it, stuffed with a savory mix of spinach and mushrooms—that was just one highlight of a recent visit to Madison, Wisconsin, and the latest installment of our community cookbook series. The sponsoring group is the Women's Committee of the Madison Civic Music Association, and their book is an imaginative collection of over 300 recipes cleverly organized under such headings as "Themes" (for main dishes) and "Sostenuto" (breads). After spending the day with the group, we could see that their book came by these qualities naturally, for everywhere we went, we were impressed at how well organized the women were and how imaginatively they had arranged for things to go smoothly.

The first of our three hostesses, Mrs. Harry Steenbock, made us feel very welcome in her lovely contemporary home, overlooking Lake Mendota (in fact, we never strayed too far from the lake, centerpiece of Madison's incomparably beautiful situation as state capital and seat of the University of Wisconsin). As conversation evolved, food editor Arlene Wanderman was enchanted to discover that Mrs. Steenbock's roommate at Cornell University had later been one of Arlene's teachers when she, too, went to Cornell.

At our second stop, hostess Mrs. Donald Stroud did double duty by arranging an outdoor buffet (shown above) and then moving the food inside for a sit-down lunch break. Among the many things we look for on these trips, beyond the food itself, are the various ways people have of decorating tables; we were particularly impressed with the flower arrangements we saw in Madison—two of which show in the picture above.

Our third and last stop, at the home of Mrs. A. C. Bolz, was where we had that fresh-caught trout, mentioned earlier, and shown being served bottom left to the very person who caught it—Mrs. E. F. Schneiders. The fish was not only delicious but considerably larger than what we show next page—fortunately you can make a viable alternative, as we did, with smaller fish.

We show here several recipes



Baked trout being served by Mrs. John Bolz to Mrs. Schneiders.

Photographs by Ken Regan—Camera 5

CONTINUED



GENERAL FOODS KITCHENS

Inside-out chocolate Bundt Cake. The deeper you bite, the more exciting the chocolate gets.

This cake couldn't be simpler. And it couldn't have more choco- flavor. Inside it's filled with deep, rich morsels of chocolate flavor. or so rich and moist, it's almost like having icing on the inside.

Inside-Out Chocolate BUNDT Cake

ckage (4½ oz.) JELL-O® Instant Pudding & Pie Filling— olate flavor*
ckage (2-layer size) Devil's Food or chocolate cake mix
ckage (12 oz.) BAKER'S® chocolate flavor baking chips
cups milk
gs



Combine pudding mix, cake mix, chips, milk eggs in a bowl. Mix by hand until well blended out 2 minutes. Pour into a greased and floured up tube or BUNDT pan. Bake at 350° for 50 minutes, or until cake springs back when ly pressed with finger. Do not overbake. Cool inutes in pan; remove from pan, and continue ng on rack.



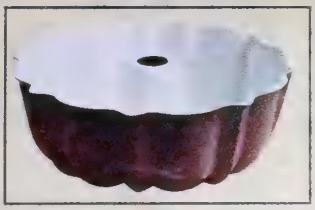
*Or use 1 package (3¾ oz.) L-O Pudding & Pie Filling—chocolate flavor. increasing milk to 2 cups. Prepare pudding as directed on package.

Combine cake mix with eggs and mix by hand for 1 minute, until well blended. Blend in the *warm* pudding and chips.

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Prune Pie—unusual and delicious



Knockwurst Salad, Celery Rolls



Hearty Beef Stew with Dumplings

served to us in Madison—and all of course are from the book "Compositions for Cooking." Sales of the 200-page, spiral-bound book benefit the local Madison symphony orchestra, a busy semi-professional group that plays an active role in the cultural life of this cosmopolitan city. It is a pleasure to salute both the book and the fine group that published it. —JOHN STEVENS.

PRUNE PIE (above)
1 unbaked 9 in. double pie crust
1 package (12 oz.) pitted prunes, cooked
1 egg, beaten
½ cup prune juice, from prunes
⅓ cup granulated sugar
1 tablespoon lemon juice
⅛ teaspoon salt

Place prunes in pie shell. Beat egg with remaining ingredients and pour over the prunes. Put on the upper crust. Bake for about 40 minutes at 425°.—*Mrs. Eleanor Riley Grant*

KNOCKWURST SALAD (above)
6 knockwurst
1 medium onion, minced
6 gherkins, thinly sliced
1¼ cups mayonnaise
1 tablespoon prepared mustard
Romaine (or lettuce)
Parsley and gherkins, chopped

Cook, cool and skin knockwurst. Slice thin and combine with onion, pickles, mayonnaise, and mustard. Toss. Arrange on romaine and heap parsley-pickle mix on top. Serve chilled. Serves 4–6.—*Mrs. Donald Stroud.*

From top: Red Cabbage-Grape-Avocado Salad, poppy seed dressing; Baked Trout, Stuffed Cauliflower.



Photographs by Charles Gold

Recipes continued on page 64.


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
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er Kings, 15 mg. "tar," 1.0 mg. nicotine; Longs, 17 mg. "tar," 1.1 mg. nicotine, av. per cigarette, FTC Report Oct. '74

COMPOSITIONS
continued

CELERY "ROLLS"
(pictured on page 62)

½ cup soft butter
¼ teaspoon salt
Dash of pepper
¼ teaspoon paprika
½ teaspoon celery seed
1 loaf unsliced bread

Blend first five ingredients. Slice crusts off bread and cut down the middle lengthwise, almost to bottom. Cut at 2-in. intervals crosswise, almost through. Spread butter over entire surface and into all cuts. Place on rack in shallow pan. Refrigerate. Preheat oven to 400°. Bake about 18 minutes. Serves 8.—*Mrs. Gilbert J. Schmitz*

HEARTY BEEF STEW WITH DUMPLINGS
(pictured on page 62)

2½ lb. beef stew meat, cubed
3 tablespoons bacon fat (or more as needed)
2 teaspoons salt
¼ teaspoon pepper
½ teaspoon garlic powder
4 tablespoons flour
2½ cups water
1 beef bouillon cube
¼ teaspoon marjoram
¼ teaspoon oregano
2 onions
Carrots, if desired
1 cup Burgundy wine (or more, as substitute for some of water)
Dumplings:
½ cup buttermilk
1½ cups flour
¾ teaspoon salt
1½ teaspoons baking powder
½ teaspoon soda
1 egg, beaten
3 tablespoons melted shortening or salad oil

Brown meat in bacon fat. Add salt, pepper, garlic powder. Remove meat to heavy pot with tight cover (do not use iron unless enamel-coated). Add flour to drippings, then water in which bouillon has been dissolved, and remaining spices. Pour over meat, add onions, carrots, and wine. Stew at least 2 hours, tightly covered. About ½ hour before serving time, make dumplings. Drop them by spoonfuls onto stew and cook without removing cover of pan for 12–15 minutes. Serve at once. Serves 6.

Dumplings: Add buttermilk to sifted dry ingredients, then beaten egg, and then the shortening. Beat well until just blended; add to stew.

—*Mrs. George Holmes*

STUFFED CAULIFLOWER
(pictured on page 62)

1 whole head cauliflower
2 tablespoons butter
2 tablespoons flour
1 cup milk
½ teaspoon salt
¼ teaspoon pepper
2 hard-cooked eggs, chopped
2 tablespoons chopped pimiento
¾ cup chopped green onion
¾ cup buttered crumbs
2 tablespoons grated cheese

Cook whole cauliflower in 1 in. salted boiling water for 20 minutes. Remove and cool. Melt butter, add flour, and gradually stir in milk. Cook until smooth and thick. Add seasoning, egg, pimiento and onion to sauce.

Preheat oven to 375°. Place cauliflower in buttered pie plate. Remove top of cauliflower and fill center with sauce and replace top. Pour remaining sauce over cauliflower and sprinkle with crumbs and cheese. Bake at 375° for 30 minutes.

—*Mrs. Charles Curran*

BAKED BROOK TROUT
(pictured on page 62)

1 trout (4–5 lb.) or 6 trout (8 oz. each)
Salt and pepper
Stuffing (see below)
6 slices bacon
⅓ cup melted butter
1 cup minced parsley
12 lemon slices
Stuffing:
1 cup sautéed chopped mushrooms
½ cup spinach purée
1 cup bread crumbs
1 egg
¼ teaspoon thyme

Season inside of fish well with salt and pepper. Prepare stuffing by combining all stuffing ingredients. Preheat oven to 375°. Cover bottom of shallow pan with foil and grease well. Heat in oven for 10 minutes before placing fish in pan. Stuff fish. Sew or skewer edges. Lay bacon crosswise on fish after seasoning with salt and pepper. Bake at 375°, basting frequently, for 1 hour 15 minutes for a 4–5 lb. fish, or 15 minutes for 8-oz. trout. Remove bacon and drippings from pan, pour melted butter over fish. Return to oven for 15 minutes. Serve with parsley, lemon slices, lemon butter.

—*Mrs. E. F. Schneiders*



RED CABBAGE GRAPE-AVOCADO SALAD
(pictured on page 62)

1 small red cabbage
1 lb. fresh white or green grapes
3 avocados
Poppy seed dressing:
1½ cups sugar
⅔ cup vinegar
3 tablespoons onion juice
2 teaspoons dry mustard
2 teaspoons salt
2 cups vegetable oil
3 tablespoons poppy seeds

Slice cabbage very thin. Remove any seeds from grapes. Slice avocados. Marinate for several hours in poppy-seed dressing before serving. Serves 8.

Poppy seed dressing: Combine all ingredients except oil and poppy seeds. Slowly add oil and beat with an electric mixer until thick. Lastly add poppy seeds.

—*Mrs. Myron Stevens*



POTATO CHEESE SOUP
(pictured above)

1 cup hot water
2 chicken bouillon cubes
1 pkg. (9 oz.) frozen french-fried potatoes
2 teaspoons instant onion
3 cups milk
1 can (10½ oz.) condensed cream of celery soup
⅛ teaspoon paprika
⅛ teaspoon pepper
1 package (8 oz.) cheddar cheese, shredded

Combine water, bouillon cubes, and potatoes in a saucepan. Cook until potatoes are mushy. Beat until smooth. Add remaining ingredients except cheese. Heat. Add cheese and stir until melted. Serve hot, plain or garnished with additional cheese, parsley, or chopped chives. Serves 4. —*Mrs. Harold Wilki*

KRUMKAKE

½ cup plus 1 tablespoon butter
1 cup plus 1 tablespoon sugar
2 eggs, beaten
½ cup heavy cream
6 tablespoons milk
1½ cups flour

Cream butter and sugar well; add beaten eggs, then cream and milk, and then flour. Mix well. Meanwhile, heat krumkake iron. (Use top of the stove for baking.) Following directions that come with your krumkake iron, bake batter on krumkake iron and roll on wooden spoon handle or krumkake pin. If batter seems too thin or krumkake too crisp, add small amount of flour. To eat, break or small sections by unrolling. If desired, serve with fruit sherbet. Can be filled with flavored whipped cream. Store in a cool dry place. Makes 30–36.

—*Mrs. Paul Knaplun*

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THE WORKING WOMAN

By Letty Cottin Pogrebin

Does the husband-wife bond suffer when the woman works outside the home? Eight men talk frankly about their working wives. (We'd like to know how your husband feels.)

It sounds absurd to ask a woman, "How does it feel to be married to a working husband?" The assumption is that *all* men work outside the home. But ask a *man*, "How does it feel to have a working wife?" and you have a subject for university seminars, TV talk shows and a year's worth of dinner-party conversations. Someday this question will also seem absurd. But for now, while so many women are forging new career identities, readers of this column still write to complain about their husbands' attitudes and to ask how other women's husbands react to *their* working wives. Here is testimony from several men—professional, blue-collar, prominent, average, fathers and childless husbands—who have working wives and strong opinions about them.

Robert Seidenberg is a practicing psychoanalyst and author of "*Marriage Between Equals.*" He and his equal, attorney Faith A. Seidenberg, have been married for 30 years and have three grown children. "Ten years after we were married, Faith decided to go to law school. I never encouraged it and I never disapproved—but then, it never inconvenienced me, either. She would have her homework done by the time I got home. During the early days of her practice, she worked part-time for Legal Aid; then she became involved in civil-rights cases, went South for several summers, opened her own office here. It was an exciting time—demonstrations, people getting arrested and lots of gratification over every triumph. I was proud of her and I 'gave' her autonomy. It was easy. I was never deprived. She always had supper on the table.

"Because Faith was years ahead of most women in maintaining a career, I guess she felt that to compensate for it she had to maintain all the stereotyped feminine traditions. Even today, though we're both feminists, we can't break old habits. She makes dinner and she still has to remind me to do the dishes. After twenty-five years I've learned to pick up my socks and put them in the hamper, but I do it all reluctantly. We both have so much to unlearn.

"My role with our children was sadly shadowy. If I had it to do over, I would not have behaved as if child-rearing were women's work. The maternal instinct is a horrible hoax invented to justify keeping women out of the world. Fathers are cheated, too. Isn't it odd that men write the books about bringing up children, but they don't do the job in life? Men will bring up kids when we start giving out Nobel Prizes for it.

"Our daughters benefited from the enrichment Faith and I brought into the home from our separate careers. They learned from Faith to expect respect and fair treatment from others and limitless achievements from themselves.

"Freud said sexual problems cause neurosis; I say problems between the sexes cause neurosis. Living together as equals involves both risk and opportunity, and no one owns another life. For a man to fear that an independent working woman detracts from his potency is like an accusation of witchcraft."

Samuel Webb, a lift operator at Ford Motor Company, has been married for 16 years to Beverly Webb, a secretary for the United Auto Workers Union. They have four children. "It's Beverly's prerogative to work or not work. In 1967 we had a new baby and she was fed up with her post-office job so I pushed her to quit work. A year later she wanted to go back, so together we found her a good job.

"I've been out of work for only two days in twenty years, and in the last ten years I've doubled my salary. But we still need her salary to afford what makes us happy: travel for all six of us to foreign surroundings (not just vacations with relatives), roller skating or the theater for the kids, even just basic food and clothing. It's hard to make do. In 1974 I made $14,000 and Beverly made $11,000. One year our salaries were only 50 cents a week apart.

"Beverly was a junior in college when we married. Now she's back in school studying two nights a week toward a B.A. in business administration. I go to school one night a week, but I'm a high-school graduate so I have a longer way to go. If Beverly's education leads to higher pay and promotions for her, it won't reflect on my status as a man. It will be for the good of the family.

"My mother was a teacher, my father worked in the coal mines; Beverly comes from the same background. Both sets of parents taught us good values, hard work and self-sufficiency. For instance, if I get home from work first and there's cooking or washing to be done, I do it. Why should everyone be hungry waiting for one person in the family to make the meals? I taught my oldest son to make chicken and noodles and other dinner dishes—and he makes a heck of a cake. All my kids can do a wash. They press their own clothes; they can fix breakfast. These are survival skills and the kids know that with two working parents they have to pitch in."

Joe Bologna married Renee Taylor in 1965. A working team since 1967, both act in, write and produce movies and TV shows. Together they also have produced a son, Gabriel, 6. "I come from a long line of male chauvinists in a very traditional family. To rebel against my background I didn't shoot dope—I married a working woman. When I fell in love with Renee I met my match. It was painful to give up my male privileges but I had no illusions.

"Even though we have help in the house and even though we're partners in our work, a role division developed between us anyway. She supervises the food, decides what our son will wear, does the shopping; I worry about the car. She can write forty pages of script on a whim; I have to see the whole story before I can start. She does great dialogue and investigates the characters' emotions. I structure the plot and watch where it's going. So we complement each other.

"We earn as a team but she spends more than I do. She loves clothes; she needs to have her hair done, even though I never notice when it's messy. It's a cultural thing: women get pressure to look good and men get pressure to fool around. Hollywood is full of temptations. Success makes people look terrific and attractive. It's easy to have affairs. But Renee and I are committed to a one-to-one relationship; we get *all* from each other. Therapy taught me that loving and being loved is what it's all about.

"My father never enjoyed the luxury I have of sharing all my feelings. He couldn't admit he was vulnerable and sensitive. He had to hide his pain. For a man it's a big burden to be tough.

"What would happen if one of our careers started slipping and the other was a blazing success? Oh, that would be very hard. Not because of our egos but because our relationship is based on such total equality. Renee and I don't know how to be unequal partners."

Richard Newman, an architect and husband of Judith York Newman (also an architect), has two children. "Judith and I are comparably *(continued)*

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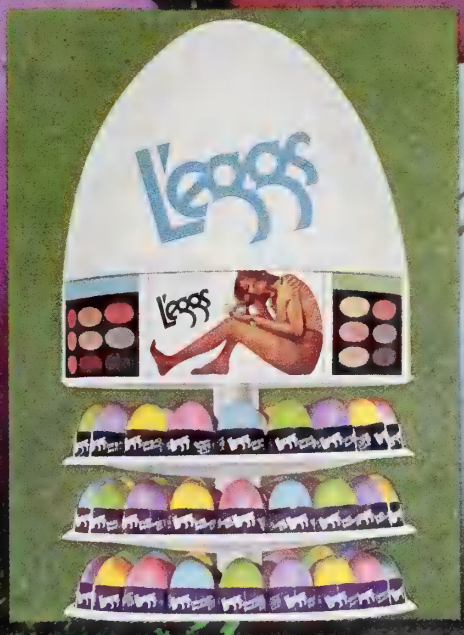
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WORKING WOMAN
continued

skilled: I design office buildings, she esigns residences. If she happens to be aking more money, I tend to attribute to circumstances, not to a deficit in me. n some circles I'm known as 'Judith's usband,' and honestly, it doesn't bug ie. I'm proud of her professional repu-tion; I'm not competing with her. It's reat to have a wife who can take care herself, her business and the house-old. In fact, I marvel at her pace. She on't accept my help with anything at ome except the children. Besides being ife, mother, cook, chief organizer and rchitect, she handles the landlord func-on on seven buildings that we own.

Judgment and drive

"I have complete confidence in her idgment and I'm glad she has enough rive for both of us. If I hadn't married ich an energized woman I wouldn't be ving as well or accomplishing as much. iving with Judith for sixteen years has nfluenced my opinion of all women. ow it's difficult for me to relate to any oman who doesn't do anything."

George Isaacs, a management consultant, and Suzie Isaacs, an executive educational films, have no children.

When we married eight years ago, we ade the decision that both of us would ave serious careers. Last November, Suzie was offered a bigger job in Chicago so we had to sell our house in Connecticut and move across country. Fortunately, my company's headquarters are in Chicago so the transfer won't be difficult for me. But the impetus was Susie's career opportunity, not mine. She'll have a fancier title and a 35 percent increase in salary, and she'll be making more money than I am. It's about time!

"Our lifestyle is different from the average, but it suits us. We eat in restaurants a lot. We each put in twelve-hour days, five days a week, and we like to spend weekends together in the country, sailing and relaxing. Sometimes she resents all the traveling I do. Sometimes I resent the demands of her job. But it's no different from a guy who resents his wife being out collecting for Community Chest at all hours.

"We share pretty equally around the house. Typically, I vacuum and clean, and I can cook when I have to. Neither Suzie nor I are interested in having children. We'd have to give up too much that matters to us. Our friends don't pressure us about kids, but our family does. My mother wants a grandchild. Among my business friends, most men talk about their children, not their wives. I brag about my wife and they don't know what to make of me."

David Dretzin, an attorney and father of two, is married to Joanna Merlin Dretzin, a casting director and sometime actress. "When Joanna isn't working, she's somehow less happy. Her job gives her a sense of usefulness that spills over into our personal life. It makes sense for a wife to work, whatever a couple's income bracket. Joanna's earnings pay for our household help (which we would want anyway) and cover our children's school bills. I'm still the primary breadwinner in the family, but you wouldn't know it from the children's attitude. They never fantasize about being lawyers. It's more exciting for them to identify with Joanna's work in the theater."

Ancient clichés

Shepard G. Aronson, M.D., an internist for over 30 years, is married to Muriel Fox (vice-president of a public-relations firm), and is the father of two children. His remarks are excerpted from a New York Academy of Sciences symposium on women of achievement. "In my practice I have seen marriages founder when the wife found success in a career outside the home. The husband's contentment depended upon an 'I'm better than you are' attitude. Believe me when I tell you it is possible to have a marriage in which neither mate is the boss, but in which both are partners. This makes for a harmonious home, helps keep both spouses' blood pres-

(continued on page 138)



tch the Colgate-Dinah Shore Winners Circle Golf ampionship April 19-20 on ABC-TV from beautiful ssion Hills Golf & Country Club, Palm Springs, Cali-nia. See the world's top professional golfers compete $180,000—the richest purse in women's golf history. eck your local listing for time.

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2. Each entry must be accompanied by proofs-of-purchase from any two Colgate-Palmolive products listed below, or the names of any four such products printed in block letters on a 3" x 5" piece of paper. Enter as often as you wish, but each entry must be mailed in a separate envelope, postmarked by May 31, 1975 and received by June 14, 1975. Proof-of-purchase requirement is any two of the following: Fab Detergent—box top and bottom; Palmolive Dishwashing Liquid—word "Palmolive" from front label; Irish Spring—both end flaps; Ajax Cleanser—zip-top strip; Colgate Dental Cream—both end flaps; Curad Adhesive Bandages—cardboard partition from inside box of assorted 50's can (plastic or transparent); Ultra Brite—both end flaps; Wilkinson Bonded Razor or Blades—word "Wilkinson" from any razor or blade package.
3. First Prize: $32,000 plus a 1975 Chrysler Cordoba; 3 Second Prizes: 2-week vacation for 2 in Hawaii; 20 Third Prizes: choice of 1-week vacation for 2 in New York City or San Francisco; 200 Fourth Prizes: Colgate-Dinah Shore 'Winners Circle' Wrist Watch; 5000 "Thank You" Prizes: 1-year subscription to "womenSports" magazine. Vacations include round-trip air transportation via United Airlines and connecting carriers from winners' homes, hotel accommodations and meals. No substitution for prizes. Vacations must be taken by December 31, 1976.
4. Winners will be selected in random drawings conducted by Marden-Kane, Inc., an independent judging organization whose decisions are final. Odds of winning will be determined by number of entries received. All 5224 prizes will be awarded. Only one prize to a family. Liability for taxes is the sole responsibility of winners.
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MEDICAL SECRECY

continued from page 92

to communicate directly with the patient. I have to say, 'Go to your doctor. He'll tell you.' I hate it. It's inhuman. I must confess that if I see a patient who's very upset, sometimes I tell her anyway. I say, 'Don't worry. It's a harmless cyst.'"

A few physicians are completely candid with their patients about the drugs they prescribe. George C. Cotzias, M.D., who brought new life to victims of Parkinson's disease with the miracle drug L-dopa, is one such doctor. He tells his patients that L-dopa may make them feel miserably ill, that it may even cause frightening hallucinations. The results? "I've never had a patient refuse to take a medication I asked them to take," he declared.

Most physicians, however, seldom brief their patients fully on a drug's dangerous side effects. They feel it can lead to complications. Paul Andreini, M.D., who is exploring medical ethics at the Kennedy Institute for the Study of Human Reproduction and Bioethics at Georgetown University in Washington, D.C., said, "Suppose you say to a patient that there is a one percent chance of going blind if you take this medicine. He'll never take it. But it may be the only medicine that can save his life. You don't dare frighten him off."

Do *doctors* who are very *(continued)*

Results of the Journal's Medical Secrecy Survey

The JOURNAL submitted ten situations involving vital questions of doctor-patient secrecy to a random sampling of 1,103 subscribers. These women were asked to decide whether doctors should disclose information about the cases in question. The same list of situations was sent to 120 physicians at ten leading hospitals.* The results (below) clearly indicate that women want to know more than physicians want to tell them, and that there is a wide gap in doctor-patient relations. The most striking discrepancy came in response to Question 9: 40 percent more women than M.D.'s (74 percent vs. 34) said that if a patient has TB and won't tell his fiancée, the physician should do so. Another significant difference arose in Question 1: 63 percent of the women said a doctor should tell them of their child's drug addiction. Wrote one reader: "After all, the child is a minor." But less than half the doctors polled evidently felt that age mattered.

**Participating hospitals: Barnes Hospital, St. Louis; Children's Hospital, Philadelphia; Danbury Hospital, Danbury, Conn.; Deaconess Hospital, Milwaukee; Memorial Hospital Medical Center, Long Beach, Calif.; Mt. Sinai Hospital, N.Y.C.; Mt. Zion Hospital & Medical Center, San Francisco; Michael Reese Hospital, Chicago; Downstate Medical Center, Brooklyn, N.Y.; Washington [D.C.] Hospital Center*

What Doctors Said (%) Yes	No	Undecided	SURVEY QUESTIONS	What Readers Said (%) Yes	No	Undecided
48	35	17	**1. Addict daughter.** *A 14-year-old girl swears her family doctor to secrecy and confides that she has become a heroin addict. Should the doctor tell her parents?*	63	30	7
75	25	5	**2. Deformed baby.** *A doctor has delivered a hopelessly deformed baby and he thinks he should let her die. Should he tell the parents?*	56	37	7
77	15	8	**3. Teen abortion.** *A 13-year-old girl comes to a doctor for help in getting an abortion. Should the doctor tell her parents?*	84	9	7
66	31	3	**4. Surgical risks.** *Should a surgeon tell a patient the full risks of an operation—that she might hemorrhage and get hepatitis from a transfusion? Or that she might not tolerate the anesthesia and die?*	61	32	7
12	82	6	**5. You're going to die.** *Should a doctor tell a 16-year-old boy, who doesn't know he has muscular dystrophy, that he is going to die before he is 40?*	34	56	10
26	70	4	**6. Don't tell my folks.** *A 19-year-old youth has a suspected brain tumor and refuses to be operated on. Should the doctor tell the family, even though the patient directs him to remain silent?*	22	72	6
55	29	16	**7. Blindness.** *Should a doctor tell a patient, "You are going to be blind"?*	83	11	5
18	77	5	**8. Stroke victim's future.** *Should a doctor tell a stroke victim that he will never again read a book, magazine or newspaper?*	30	61	9
34	62	4	**9. T.B. engagement.** *A patient won't tell his fiancée that he has tuberculosis. Should his doctor tell her?*	74	20	6
27	61	12	**10. Suicide forecast.** *Should a psychiatrist tell a depressed patient that she may soon try suicide? He may be triggering the act.*	14	74	12

PROMISING NEW VAUDEVILLIANS.

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rning: The Surgeon General Has Determined t Cigarette Smoking Is Dangerous to Your Health.

ONE SHOPPER'S Journal

by June Barrett



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(Advertisement)

MEDICAL SECRECY
continued

ill want to hear the whole truth? I posed this question to Dr. Cotzias after he revealed that he had recently undergone an operation for lung cancer.

"I wanted to know the truth," he said, "but I wanted it timed by the doctor so that I was capable of accepting it."

"How did your doctor tell you that you had cancer?"

"He didn't have to," Dr. Cotzias said. "He was a classmate of mine and he couldn't hold his tears back."

"Was your wife told the truth?"

"Yes."

"Did the fact that she was sharing the information give you strength?"

Dr. Cotzias answered slowly, "It is a very lonely thing to be very ill."

For years, one of the fiercest medical controversies has raged over what to do about horribly deformed or retarded babies. Should they be kept alive at all costs? And who should make such decisions—the doctors or the parents?

James P. O'Neil, M.D., of Arlington, Vt., faced this situation recently. A baby boy was born retarded and with a hole in his spine that left the infant permanently paralyzed from the waist down, with no control over his bladder or his bowels. Dr. O'Neil did everything he could, including sending the baby to the Vermont Medical Center in Burlington in hopes that surgery could repair the damage. Nothing could be done.

"Ordinarily, these children get meningitis and die quickly," Dr. O'Neil said. "This one didn't. We kept it going for a month on oxygen. Finally, we decided to let nature take its course."

"Did you talk it over with the parents?" I inquired.

"Absolutely," he stated.

Many physicians feel that the parents should not be compelled to make the choice between life and death for their babies. "We can bear the guilt a lot better than the baby's family can," one doctor said.

The JOURNAL readers disagreed. As one woman put it: "I don't think a doctor has the right to dispose of a baby without the parents' consent."

Said another reader: "My husba and I were the parents of a severely r tarded son. I feel that he should ha been allowed to die at birth. I wish o doctor had been more frank. Give t parents a decision to make."

Why, then, are so many doctors r luctant to discuss medical facts of l and death with patients?

"I'll tell you why," declared Et Sherman, assistant director of soc services at New York's Roosevelt Ho pital. "They get hung up. The bigge gap in human relationships is betwe sickness and health. You feel threaten by another person's being ill. You ha to face your own mortality. You're sa ing, 'There but for the grace of God I.' "

A fascinating study of how docto feel about death was made recently Chicago. One group of 81 physicians group of 92 seriously ill patients, a a third group of 95 normal, healthy i dividuals were surveyed. To their amaz ment, the researchers found that docto were "substantially" more afraid death than sick or well lay people.

"We've got to have more equality b tween patient and physician," insi ethicist Dr. Veatch. "Every patient mu have the right to participate in the me cal decisions that affect his or h destiny."

According to Dr. Veatch, the ne move is up to patients. "If you wa more truth from your physician," says, "ask him for it . . . fight him for Truth is your right."

A JOURNAL reader also thinks hones is a patient's right. She said, "Trust a honesty should prevail in any relatio ship, especially one that concerns l and death decisions." And anoth reader put it this way: "The truth m be hard to accept, but in the long ru only the truth will let you live wi honesty or die with dignity." **E**



"It's Rover—he wants me to pick him up at obedience school."

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PAT NIXON TODAY

Her best friends talk about her life behind the walls at San Clemente.

By Kandy Stroud

Painting by Sherry Wolf



Pat Nixon stood proudly in the Los Angeles sun the morning of November 6, 1968. Her husband, Richard M. Nixon, had finally been elected President of the United States, and Mrs. Nixon was supremely triumphant, yet bitterness tinged her voice as she and I talked before we boarded our plane. "Of course I'm happy," she snapped in response to my question. "We deserved to win. We won in 1960, but the election was stolen from us."

I shall never forget that moment alone with Pat Nixon when a tiny corner of her soul was bared, when she exposed a flash of the resentment she had harbored silently for eight years. In the next seven years that I covered her as a White House correspondent, such feelings almost never surfaced again. Bitterness, anger, sorrow, embarrassment—all were veiled by a merry twinkle and a cheerful laugh. Patricia Ryan Nixon has never allowed herself the luxury of expressing her emotions. Pat Nixon suffers in silence. As her former social secretary, Lucy Winchester, puts it, "She's the proverbial Iron Butterfly."

The agony Pat Nixon endured throughout the long, painful months of the unfolding Watergate disclosures—and the excruciating sense of defeat she must feel today—are known only to a handful of intimates. This is an attempt to piece together how a proud, sensitive, valiant woman has survived one of the most tragic, most humiliating personal and political scandals in American history.

From the very first Washington *Post* reports of the Watergate break-in in June, 1972, Pat Nixon followed the news carefully, calling her press secretary Helen Smith every morning to discuss the latest developments. "She was shocked," Mrs. Smith recalls, "but she always tried to rationalize things. She was saddened by what was happening, but she was always the optimist. She kept thinking it [Watergate] would go away, and wishing it would."

Clement Conger, the White House Curator who was helping Mrs. Nixon refurbish the Mansion and saw her at least twice a week, says she never discussed Watergate. "Sometimes I'd say I was so sorry about all the unpleasant distractions and she'd simply say, 'They're out to get us, Clem. They want us out of here. But it's all politics and it will go away.' She never seemed bitter and she always tried not to let it worry her."

Then came the discovery in July, 1973, that President Nixon had secretly taped all conversations that had taken place in his Oval Office. According to a friend, neither Mrs. Nixon nor her children had suspected until then how deeply Watergate reached into the White House. "She was appalled," says this friend, who asks to remain anonymous. "She couldn't believe the stupidity involved. She said the tapes should never have been used in the first place—it's something you just don't do. She blamed H. R. Haldeman. They weren't the best of friends; she was convinced that Haldeman did many things without the President's ever knowing—and that this was just another. She never saw Haldeman again after the business of the tapes."

From that moment on, the reality of Watergate haunted her every step. She became a captive of the White House and its scandal—virtually cut off from the outside world. Even her excellent relations with the press deteriorated. "She understood the press and that it was their job to ask questions," says Helen Smith. "But she really didn't want to discuss Watergate with anyone. She said, 'What can I say? I believe in the President. And I can't say any more because I don't know any more.' Her loyalty was fierce."

As the morale of the White House staff plunged, Mrs. Nixon tried to inject some levity. "I'll never forget the Christmas of 1973," says Lucy Winchester. "Helene Drown [Pat Nixon's closest friend] sent the President the most hideous pair of six-inch platform shoes, and Pat got a pair in green. She called me up and said I must come right away and share her wonderful gift. We howled. Then she sent them down for the rest of the staff to see and laugh at."

Mrs. Nixon never moped. Each and every *(continued on page 132)*

CENTENNIAL

BY JAMES A. MICHENER

"The Crime"—a great murder mystery with a Western setting taken from the No. 1 best seller. Complete in this issue.



There was a dark side to Western history, and many a family that later attained prominence did so only because some enterprising progenitor had known when to strike and how to keep his mouth shut.

Two men, long-tested friends, would enter a valley, prospecting for gold; one would emerge with an ironclad claim to the mine they had discovered, leaving the other with a bullet in his back.

Or three men, trusted partners, would ride into an arroyo, and one would be dry-gulched, with the desirable result that profits could be split two ways instead of three.

Such things happened in towns, too. In the summer of 1889, Centennial, Colorado, witnessed a grisly affair which affected the way the town developed. It began in Minnesota when a Mr. Soren Sorenson went to his bank, withdrew his funds, placed them in a black bag and told the banker, "It's too cold here. Gonna try my luck in Colorado."

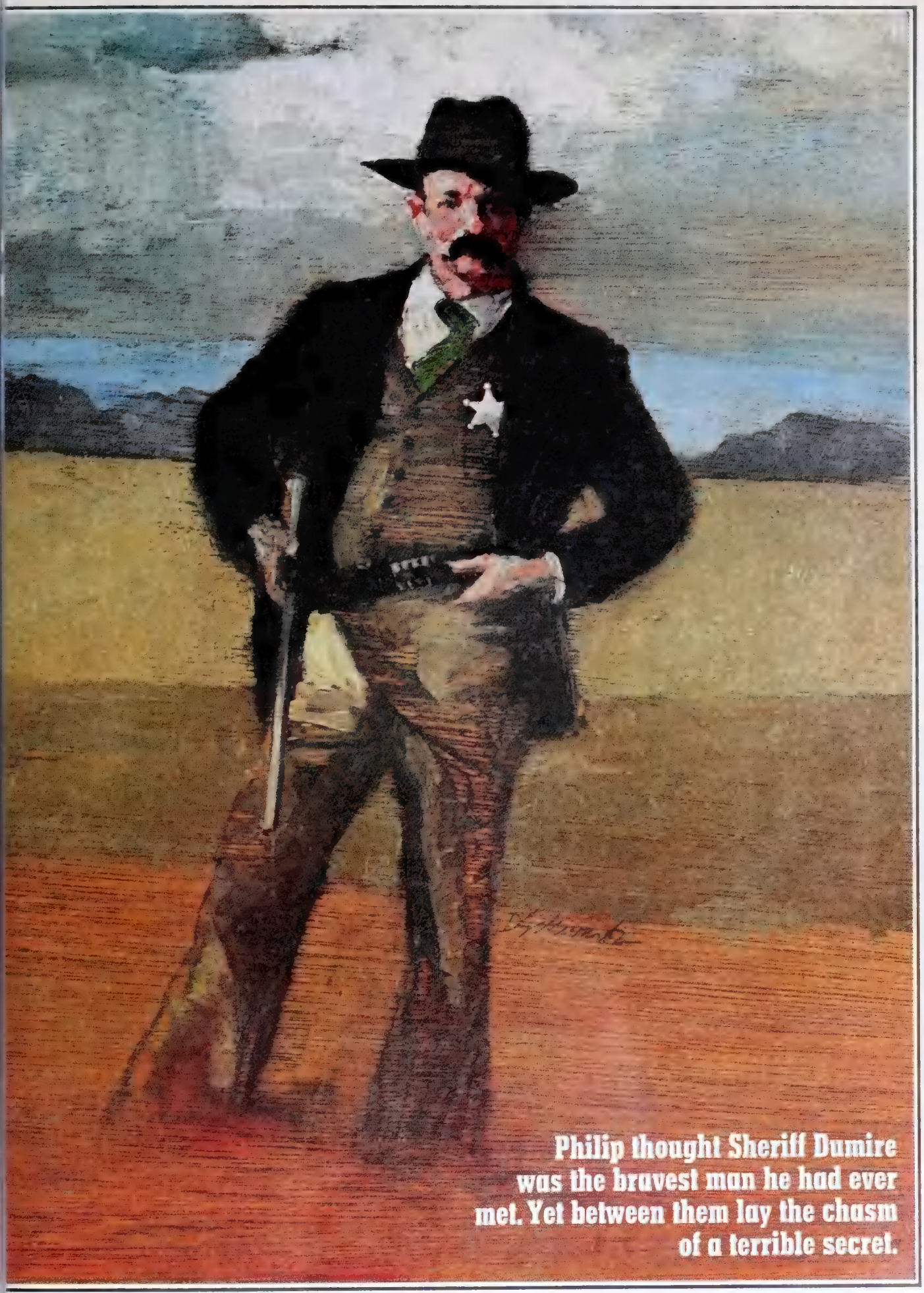
From the moment Mervin Wendell appeared at the door of the train in late July he was recognized as an actor, and probably an important one. He stood on the upper step with his left arm held behind his back, his right folded across his chest. His legs were spread in a wide stance, and his right shoulder was conspicuously higher than his left. A broad felt hat covered dark hair which showed in ringlets beside his ears, and his gaze was imperial, with a touch of adventure and glowing spirits, as if to proclaim, "A new town! A new opportunity."

The effect was somewhat tarnished by a red-faced conductor who thrust a bag into his hand with the warning, "Don't you ever try that again."

Mervin made no attempt either to hide or to explain the conductor's behavior. Instead, he descended the steps majestically, then extended his right hand upward to lead a very beautiful lady in her early forties down the steps.

Maude Wendell graciously accepted her husband's (continued on page 113)

From "Centennial," by James Michener. Copyright © 1974 by Random House, Inc. Reprinted by permission of Random House, Inc. Illustrated by Daniel Schwartz.



Philip thought Sheriff Dumire was the bravest man he had ever met. Yet between them lay the chasm of a terrible secret.

THE TEN BEST

These are the dresses that will make you want to we
a dress again, even if you've sworn by separates for seaso
They are the best, in our view, of a bum
crop of great, wearable dresses. They are the loc
body-freeing dresses—chemises, tents, and smocks
that look especially good sashed
the waist. Our ten best list w
selected on the basis of b
good looks and solid pricing.
Trudy Owett, Fashion Edit



1 *The sashed tent dress with the most dash. In a refreshing blue-green. Leslie J, $45.*

2 *The empire waisted dress with sensational shape. Genre, by Gil Aimbez, $54.*

3 *The kimono-sleeved obi dress. A cool and snappy look for warm weather. Leslie J, $40.*

4 *The two-piece "dressy" dress. Subtly flattering with cowl neckline. Leo Narducci, $65.*

5 *The basic smock with glamour. Wear sashed or not. Cathy Hardwick and Friends, $60.*

Photographs by William Helburn. Hairstyles and makeup by Mark Sephton.

DRESSES OF 1975



6 *The muslin smock. Perfect for accessorizing. Sportwhirl by Jeanne Campbell, $38.*

7 *The sophisticated peasant chemise is flattering worn loose or sashed. Evelyn de Jonge, $52.*

8 *The best updated shirt dress is a belted smock with puffy sleeves. Evelyn de Jonge, $48.*

9 *The late-day tunic dress has graceful Grecian lines. Jeannene Booher for Delani II, $68.*

10 *The two-piece town and travel dress. Smart, streamlined, great price. Sears, $25.*

Accessory and shopping information on page 128. All prices are approximate.

HOW FAMILIES GET BY ON LESS THAN $600 A MONTH

By Ann Crittenden

Several months ago, I wrote about how some families of average means—earning roughly $1,000 a month—were coping with inflation ("The Inflation Fighters," *Ladies' Home Journal*, September 1974). Despite the almost universal concern over rising prices, these families seemed to be managing their finances fairly well.

But the article apparently touched a raw nerve in many readers. They sat down and wrote heartfelt letters, chiding us for overlooking *their* problems. In essence, most agreed with the woman who wrote: "If I had that kind of money I'd feel rich!"

They are making ends meet on less money, in spite of what one reader called "the need to budget for higher food costs, utilities, gasoline taxes—you name it: higher everything."

In response to this reader reaction, the JOURNAL now takes a second look at the fight to survive inflation. We chose three families of various ages and occupations, from different parts of the country, who are running their households on a take-home pay of less than $600 a month.

These families don't have "extra" money for savings, vacation trips or impulsive splurges. And yet all of them are succeeding—not merely in surviving, but in providing their families with some of the most important ingredients of a full life. Their homes are comfortable and loving, their meals plentiful and nourishing.

Not surprisingly, their ways of cutting costs are particularly imaginative. Indeed, we are convinced that a few of these inflation fighters would be well qualified to advise the White House in its search for voluntary ways to overcome the nation's economic problems.

THE METCALFS: $595 A MONTH



"I just get sick and tired of hearing people gripe about how poor they are," says Linda Metcalf of Cokato, Minn., a small community 60 miles west of Minneapolis. "Complaining won't change things and anyway, most people don't realize how well off they are." Linda, 26, and her husband David, 25, a high school drama teacher, know all too well that their take-home income of less than $600 a month barely meets the needs of a family of five including Benjamin, 3½, Nathan, 2, and Joshua, 1. But not only are the Metcalfs not complaining, they are building a life that is far richer than that of many families living on twice as much money.

To be sure, they have had help. The Metcalfs' roomy old three-bedroom house cost only $14,000 last May, and grandparents provided the $4,000 down payment. And Linda's mother has been a Santa Claus with a power tool. With $16 worth of plywood and $5 of paint she built her grandchildren copies of a mush

THE MEULENDYKS: $500 A MONTH



Like the Metcalfs, 23-year-olds Wayne and Phyllis Meulendyk of Grand Rapids, Mich., have made the most of cast-off things that others called "junk." An old carpet—slated for removal from an office at the company where Wayne works as a draftsman—became a floor covering for three rooms of the young couple's house. The total cost was one dollar for a carpet knife. A neighbor's dilapidated reclining chair was repadded with free foam-rubber packing material and re-covered—all for less than $10. They found a tricycle for their 2½-year-old son Ryan in the street and restored it with $1 worth of shiny gold paint and a ten-cent wheel from the Salvation Army store—which was also the source of a perfectly good $3 high chair for nine-month-old Heidi.

Phyllis maintains that until the children are older, it's foolish to buy expensive furniture. "If you have good things, it's always: 'Don't touch this, stay away

THE SCHWERTS: $501 A MONTH



Janet Schwert, 27, and her husband George, 33, live in Mountville, Pa., and have been married for eight years. Their dream of building their own home was torpedoed by rising construction costs, and last year the Schwerts themselves were almost sunk by one unexpected expense after another. Their son Brian, now ten months old, had to be delivered by Caesarian section, which cost more than $1,200. George, a truck driver, had to have all of his teeth removed and dentures made, to the tune of $800. Fourteen-year-old Kevin, George's son by an earlier marriage, broke his arm in gym class and had to stay overnight in the hospital; total bill: $400. And to round out the year, they had to pay $500 to hook up with the town's new sewer system.

The combined expenses left the Schwerts in debt and with no money in the bank. They have given up thoughts of college for the children, including Tammie, 7. Vacations tend to be four-

oom-shaped table and chairs that would ost $145 in a Minneapolis store.

"We have a national debt with Moth- r," jokes Linda, but it is obvious that he has inherited her mother's imagina- ion and flair. Linda makes all of her own nd the children's clothes. When she eeds a new dress, she finds what she ikes in a store and copies it, for one hird the price. ("Fortunately, we're not n any mad fashion race out here.") She an whip up boys' corduroy pants with 1 worth of material, turn out tailored vool shirts for Dave, and knit anything rom afghans to small Christmas presents or friends.

In the bathroom of the Metcalfs' new ouse stands a sturdy storage unit David nade by bolting together barrel-shaped nolds for bridge pilings. Painted bright ed, it looks like a handsome Scandina- vian design. David found all the materials free for the hauling on construction sites. A chopping-block table in the kitchen is actually a cabinet topped with $25 worth of wood from an old bowling alley lane. It is indistinguishable from a $275 butcher-block piece. And the children's rooms are filled with old furniture repainted and decorated with ideas Linda found in women's magazines.

Generally, the Metcalfs' consumer tastes are basic and simple. Their only indulgence, if it can be called that, is of their own imagination. They regularly attend the fine repertory theater in Minneapolis, and the children have no shortage of books and toys. "We're still buying lots of books and good toys," says Linda, "because we believe they're important for the children's development. After all, we have the next 40 or 50 years to go to restaurants or movies, but the kids will be little for only a few years."

David Metcalf earns $695.83 a month, plus approximately $45 for directing school plays and speech contests. With $145.51 deducted for income taxes and Social Security, monthly take-home pay is $595.32, budgeted as follows:

Food, household items	130.42
House payment	125.00
Teacher retirement fund	27.83
Union dues	8.80
Electricity	15.00
Heating (natural gas)	10.00
Telephone	7.00
Payment on new refrigerator	20.00
Payment to electrician	35.00
Medical bills	25.00
David's education loans	123.42
Children's books	6.50
Clothing	10.00
Gasoline	35.00
Car insurance and tune-ups	13.00
Theater	3.35
Total	$595.32

rom that.' Our house is comfortable. Don't call us cheap," she sums up with a smile. "Say we're leaders of recycling."

That same positive, practical attitude enabled the Meulendyks to spot their biggest bargain of all. Last year they purchased an old but well-kept 11-room house in the central city for $6,000. Their cash down payment was $800, and the 7 percent mortgage will be paid off by 1978. By buying in the city, like more and more young couples they know, the family has plenty of growing room—and Wayne is only two miles from work.

The Meulendyks have worked out countless ways of cutting corners. Old sheets become new curtains, and an out-of-style garment, like Phyllis' old dirndl skirt, is reincarnated as a pair of creepers for Ryan. Instead of buying books, Phyllis uses the public library, and she feels that "an old spoon and a pan make the kids as happy as a $10 toy."

Wayne bought an auto-tuning kit for about $60 and now does all minor repairs on their car, with parts purchased wholesale and at junkyards. He estimates a saving of $50 on every tune-up. He and Phyllis have carefully clocked the shortest routes to major shopping centers to save gasoline, and they keep the thermostat at 68° all winter. "We've got used to it now," says Wayne. "Did you know that they've found that animals kept at a lower temperature live longer?"

The Meulendyks are optimistic about the future, and believe they are better able to cope because they grew up in families that always had to struggle. "If you start out affluent," asks Phyllis, "where are your dreams? What will you be able to look forward to?"

Wayne Meulendyk earns $669.76 a month. With $170.11 deducted for income taxes and Social Security, the Meulendyks' monthly take-home pay is $499.65, which they spend as follows:

Food and house supplies	120.00
House payment	100.00
Credit union (city taxes, major medical expenses, insurance, car payments)	65.00
Master Charge (gasoline, car repairs, druggist bills)	65.00
Education loan	60.00
Heating (natural gas)	30.00
Electricity	12.00
Telephone	10.00
Water	5.00
Clothing	10.00
Entertainment	5.00
Misc. (county taxes, license plates, minor medical bills)	17.65
Total	$499.65

day camping trips, with food brought from home, and dinner out means a hamburger at McDonald's.

Janet and George do at least own their present home, a cheerful, well-kept house they found last year for $13,500. Part of the money they had originally intended to spend for a larger house they have invested instead in remodeling this one, and George estimates he has saved about $1,500 by doing most of the work himself. He has painted the outside of the house, added a utility room, repapered several rooms, put in new ceilings and floors, installed lighting and built in new bathroom fixtures—all for $2,000.

Janet has tried to economize as best she can—by trading children's clothes with her friends, by giving George and the children haircuts, and last summer, by cultivating a huge garden. At the end of the season she froze or canned some 300 pints of fruits and vegetables—enough to supply the family's basic needs all year. "We used to have to help my mother do it at home," Janet remembers, "and I always said I'd never do it again. But now I have to."

For the past two years Janet has also held yard sales "of everything we're tired of or don't use." She puts ads in the local paper and signs in the neighborhood stores, and was amazed to count up $280 in receipts after last summer's sale.

But as prices continue to climb, the Schwerts feel uneasy about the future. "I have a feeling no one knows what's going to happen next," worries Janet. "Everything keeps going up and business and government seem to think the consumer is going to pay. But where is the consumer going to get the money? Business may need profits but how can they get it from us?"

George Schwert earns $626.00 a month. With $125.00 deducted for income taxes and Social Security, the Schwerts' monthly take-home pay is $501. This is how they budget it:

Mortgage on house	130.00
Food	120.00
Utilities, including water, heating oil, electricity, telephone, and cable television	65.00
Bank loan (for George's dentures; Kevin's broken arm)	53.00
Life insurance	14.00
Car, fire, and mortgage insurance	18.00
School and property taxes	15.00
Doctor and dentist bills, mostly for the baby's visits	10.00
Gasoline	40.00
Store charge (clothes; remodeling items, etc.)	15.00
Misc. (entertainment, etc.)	21.00
Total	$501.00



DECORATING: MAKEOVER TRICKS

If your living space needs a facelift and your budget won't permit a floor-to-ceiling remodeling job, let alone a lot of new furniture, don't give up. You can achieve a dramatic new look without doing either. The two rooms here are crammed full of tricks to make a room look brand new. Both rely heavily on fresh new color and bold patterns, the two easiest ways to promote major change. Above: Clean, primary colors set the tone in a room full of bright

Photographs by Jerry Abramowitz. Pictures on both pages: Simmons Hide-a-Bed sofa; Armstrong flooring; Cyrus Clark printed fabrics; Lewis & Wilson furniture and accessories.



ideas: • Wall covered in cotton fabric (usually cheaper than wallpaper) • Two layers of curtains for a luxury look • Second-hand-store round table with floor-length cloth • A sleep sofa for added guest space • Colorful matching cushions on ladder-back chairs • Easy-to-apply self-stick tiled floor. Above: A flurry of patterns are tied together by a harmonious color scheme. Other ideas: • The *trompe l'oeil* window (two layers of curtains suggest a window where none exists) • Wall-remodeling: lower half of wall is painted and separated by inexpensive wood molding from upper wall papered with a shutter print that suggests there's more beyond • Fabric-covered picture frames • A luxurious scattering of ruffled cushions. By Nathan Mandelbaum, Director of Interior Design.

Right-hand page: J. Josephson wallcovering; Collins & Aikman corduroy; Treganowan rug. More shopping information on page 128.


1


2


3

COOK-AHEAD CHINESE FOOD

Celebrated chef Grace Chu takes the hassle out of Chinese cooking. Ideas and recipes from her new cookbook.

Apart from the fact that it tastes so good, one of the big pluses of Chinese food is that it's such a healthy and economical way to eat. (The key is the relatively small quantity of meat to the large quantity of low-calorie vegetables.) One of the minuses of cooking Chinese, according to some practitioners, is the last-minute stirring and frying so often called for. It's not necessarily true, according to celebrated Chinese chef Grace Zia Chu. Her new cookbook, *Madame Chu's Chinese Cooking School,* features a large number of dishes that require virtually no last-minute hassle. There are traditional soups and pork, duck, chicken and sea food dishes that can and should be prepared ahead. Mme. Chu's book, the second in her 22 years of teaching cooking, has been long awaited by the growing number of Chinese cooking buffs, including the JOURNAL's Food Editor Arlene Wanderman, who learned to use her first wok in Mme. Chu's kitchen. Recipes on page 107.





1 *Stuffed Chicken Wings*

2 *Shrimp Susanna*

3 *Peking Sour & Peppery Soup*

4 *Water Chestnut & Broccoli Salad*

Photographs by Arthur Beck.
Copyright © 1975 by Grace Zia Chu. From her book "Madame Chu's Chinese Cooking School," to be published by Simon and Schuster.

CURLS: THE NEW WAVE

Curls are making a big comeback. Here are five ways to make this romantic new look happen for you.

By Maureen Lynch, Health and Beauty Editor



Spring is coming in on a cloud of curls. There are hosts of them—fat curls, tight curls, soft curls or frankly frizzie curls framing the prettiest faces we've seen this side of the straight, blunt cut. Whether your hair curls naturally or needs help, the new look can work beautifully for you.

1 The easiest route to these soft curls that sweep upward and off the face is via an electric curling wand. The trick is to divide the hair into small sections and curl each strand separately. Catch the hair near, but not touching, the scalp and wind the hair tightly around the wand. Hold a few seconds — absolutely no more than a minute—and slide wand out of curl.

2 The long, slightly layered cut gets the curly treatment with the help of electric rollers. (If your hair is long and thick, you'll need at least 20 rollers.) Roll the top front in rows back toward the crown. Section the hair in rows running down from the crown in the back and on each side. Be sure to let the curls cool before brushing.

3 Even the straightest hair takes to the curly look with the help of a home permanent. Follow package directions exactly. Be sure, too, to part and wind the hair smoothly. You can now control how tight the curl will be by buying different-sized winding rods. The smaller the roller the tighter the curl. For waves, look for a winding rod called a "curver."



Photographs by Neal Barr 1 We used the Lady Schick Cordless Quick Curl styling wands 2 Our choice, Clairol's Kindness Deluxe 3-Way Hairsetter 3 These curls came from Toni's Body Perm Make-up notes All cosmetics these two pages from the Skin Life collection by Helena Rubinstein Hair and make-up styled by Mark Sephton All scarves and flowers, Therese Ahrens

MORE CURLS

If you're not up to creating your own curls, here are two easy ways out:

4 If you're in the mood for occasional curls (right), try a super-curly wig. Place the wig at your own hairline in the front and pull down in the back carefully to cover your hairline at the nape.

5 Beauty salons are into permanents in a big way again. You can request as much curl or as little as you like. You can play it safe by asking the hair stylist to set your hair first. If you like it, ask for a permanent to duplicate the set.



4. Mesh based pull-on wig of Elura by Brentwood, $25. Make-up notes: All cosmetics by Revlon in new spring colors. Salon permanent and hair this page by Michel of Pierre Michel, New York. Pink printed scarf, Laura Paprika; pink lacy scarf, Therese Ahrens.

MEDICAL SECRECY

Do women want to know more than doctors want to tell them? A major JOURNAL survey of physicians and patients.

By Donald Robinson

Do you want to be told if you have a fatal disease—or would you rather your doctor shielded you from this terrifying knowledge? Should parents be made aware that their 14-year-old daughter is a heroin addict, even though she has sworn the family doctor to secrecy? Should a woman about to undergo surgery be made aware beforehand of the full risks?

An agonizing debate is going on in medical circles over whether doctors are right to keep the full facts from their patients (and sometimes even from patients' families) when today's informed public seems anxious to know—and is seemingly more able to cope with—"the awful truth." Physicians, medical students, nurses, social workers, hospital administrators and members of the newest specialty—medical ethicists—are doing some stern soul-searching. The issue at stake: what secrets should a doctor keep from a patient and/or the family, and on what basis should such decisions on medical confidentiality be made? The results of current discussions will have an effect on *every* physician, because even though doctors weigh each case individually, there will be a prevailing set of guidelines to which doctors will adhere.

To find out how patients—as well as doctors—feel about medical secrecy, and to add to the existing knowledge on this highly controversial subject, the JOURNAL recently completed one of the broadest, most probing surveys ever undertaken in the area of medical confidentiality. More than 1,100 JOURNAL readers were asked to review a group of 10 crucial medical situations and to decide whether physicians should divulge information about them. Then, with the cooperation of the American Hospital Association, the JOURNAL also submitted the same list of 10 medical situations to 120 physicians at 10 major hospitals, asking the doctors whether they would disclose information about any of the cases.

The results of the survey indicated that American women want to hear considerably more about their medical problems—and the medical problems of their families—than most physicians are ready to tell them. *(The complete survey results appear on page 70.)*

To supplement the JOURNAL poll, this reporter talked about medical secrecy with many distinguished doctors, and sat in on a closed meeting of the A.H.A.'s powerful Committee on Physicians in Washington, D.C., while its doctor-members heatedly argued the problems of medical confidentiality. (The Committee on Physicians guides relations between hospitals and doctors.)

There was an astonishing divergence of opinions among the doctors, even on the most basic question that can confront a physician: Should you tell a patient that he or she has a fatal disease, such as terminal cancer?

Most physicians won't tell patients that they have cancer. A short time ago, a poll was taken among physicians at a Chicago hospital. Of the 219 doctors there, only 12 percent said that they "usually" tell the truth to cancer patients. Others said that they would give their patient the "facts," but would deliberately use confusing "double-talk" so the patients wouldn't understand what they were being told.

Robert A. Veatch, M.D., a medical ethicist at the Institute of Society, Ethics and the Life Sciences in Hastings, N.Y., told me of a physician who performed exploratory abdominal surgery on a patient. When the man asked what the surgery had revealed, his doctor replied: "A neoplasm with the characteristics of leiomyosarcoma with possible secondary metastatic growth."

"Nothing could be more true and yet communicate less truth to the patient," says Dr. Veatch. "The poor fellow had no idea that he had a terrible cancer, which had spread."

On the other side are physicians such as Edmund Klein, M.D., of Roswell Park Memorial Institute in Buffalo, N.Y., a world-famed researcher who discovered the cure for skin cancer. Dr. Klein believes that doctors owe patients the truth about *(continued)*

a diagnosis of cancer, but must provide it to them gradually, tenderly.

Cancer patients invariably ask Dr. Klein how much time they've got left. He will never tell them. "I don't know when a patient is going to die," he says. "Nobody knows."

One JOURNAL reader agreed. She wrote: "No one knows when a patient will die except God—and a doctor is not God."

Valerie Jorgensen, M.D., assistant professor of obstetrics and gynecology at the University of Pennsylvania Medical School in Philadelphia, insists that doctors should tell patients everything, including the fact that they're going to die soon.

"Women want to know," she says. "If a patient has to die, my job is to help her adjust to it."

Asked how her patients have received the facts of their impending death, Dr. Jorgensen replied: "Most of the time they're very relieved that somebody is willing to tell them the truth and willing to discuss with them the questions they have about death. They

"Trust and honesty should prevail in any relationship, especially one that concerns life and death."

ask questions like: 'How do you die? Is it going to be painful? Can you help me with the pain?' "

Dr. Jorgensen pointed out that a special science has developed to deal with just such questions as these. It is called thanatology.

Initially, the A.H.A. Committee on Physicians was split down the middle on the issue of what to tell cancer patients. Here are excerpts from the actual transcript of its Washington meeting:

"I think you've got to tell cancer patients everything you possibly can," one doctor said. "Telling the patient the whole story properly is our responsibility."

"I think you do them a disservice when you tell them that," a second doctor protested.

"I've taken care of lots of people with leukemia and I didn't tell them that they were going to die," another doctor said. "I never found anybody who wanted to hear it."

A fourth doctor argued: "There isn't a damned thing you can keep secret, especially in a hospital. The best thing to do is tell them."

"Well, I don't want you to tell me," one physician said candidly.

The final consensus was: Any physician who makes a diagnosis of cancer should gently, tactfully, sound out the patient to see how much he or she wants to know and then divulge only as much as the patient wants to hear. No more.

The American Cancer Society has done a vast amount of research in this sphere. Although the A.C.S. has taken no official position, its experts also feel strongly that what and how much you tell depends on the individual patient.

One of the world's great researchers in lung cancer and leukemia, Isaac Djerassi, M.D., of Catholic Mercy Medical Center in Philadelphia, agrees. "The toughest man can crumble and become a frightened little boy when he thinks he may have cancer," Dr. Djerassi said. "Each cancer patient has his own emotional needs, and his physician must help him meet them—if the physician has the slightest degree of compassion, that is. The trouble is that too many physicians don't."

"If you want more truth from your physician, ask him for it . . . fight him for it. Truth is your right."

If the patient is not up to hearing the news himself, whom does a physician notify?

"The next of kin," Dr. Djerassi said. "Number one on the list is the wife, unless she is a very emotional person who is incapable of rational evaluation and decision-making. In that event, you inform the adult children. If there are no adult children, you talk to the patient's parents."

Most physicians are very cautious about what they tell dangerously ill children. Dr. Djerassi carefully explains to leukemic children that they have a serious blood condition, but that he can help them to get better. He means it, too. He has reported five-year remissions in 70 percent of child leukemia cases.

Dr. Djerassi never tells a child that he or she may die of the disease. "You've got to keep up a child's spirits," he says. "Once a child gives up hope, no drug works. If the child has a genuine will to live, chemotherapy succeeds far better than you'd dare expect."

Surgeons disagree about what to tell patients. In Houston, heart surgeon Michael De Bakey, M.D., says: "The main thing a patient with heart disease wants to know is what is his condition, what is the treatment, and what are the chances of success. These facts should be transmitted to the patient—even when the chances are few."

Bronson Ray, M.D., a neurosurgeon at New York Hospital in New York City, makes it clear to a patient that there is a major risk in any operation involving the brain or the spinal cord, but he doesn't believe in going into great detail.

"You've got to trust your surgeon to do the best he can," he tells patients.

Samuel L. Kountz, M.D., of Downstate Medical Center in Brooklyn, N.Y., a transplant surgeon, tells his patients everything. "I even let a patient read his hospital chart if he wants," he said. "I have no secrets from my patients."

A radiologist complained to me that she is compelled by medical ethics to hold back information from her patients. Olcay S. Citgay, M.D., associate professor of radiology at Georgetown University Medical Center in Washington, D.C., said: "Many women come to me with a lump in their breast. They're frightened. They ask me, 'Doctor, please tell me is it cancer?' I'm a woman, so I understand how they feel. When it's benign, I'm really dying to tell them, but I mustn't. As a radiologist, I'm a physician's physician; I'm not allowed *(continued on page 70)*

THE POTATO



However you slice them, it's a time for potatoes. And to prove our point, we devote a special portfolio to the potato and its unsung virtues. Would you believe you can make a great doughnut from potatoes? Homemade noodles? An elegant pâté? You'll find these and other original recipes in these four pages. In addition to its unexpected versatility, the potato has a lot more going for it—like *price*. It's one of the rare foods that actually cost less this year than last. It's also nutritious, high in vitamins C and B_1. And contrary to reputation, an average boiled potato, skin on, has no more calories than a raw apple. Potatoes are also one of the great conveniences in life. They store well, freeze well once cooked, and can be bought in dried and frozen forms that taste suspiciously like the fresh thing. By Arlene Wanderman, Food Editor. Photographs by Charles Gold

THE POTATO

Variations on potato favorites and great new ideas, including a main dish pie. Recipes below and on page 97.

STUFFED POTATOES (pictured below)

Scrub 6 large baking potatoes. Puncture in several places with a fork. Bake at 350° 1 hour or till soft. Slice off tops and scoop out insides. Prepare any one of the fillings below, then refill.

Cottage Cheese Filling

Chop potato centers and combine with 1 cup cottage cheese, ½ cup lemon yogurt, ¼ cup diced cucumber, 1 tablespoon chopped fresh dill (or 1 teaspoon freeze-dried dill) and ½ teaspoon salt.

Cheeseburger Potato Filling

Sauté ¼ cup chopped onion in 2 tablespoons butter or margarine until transparent. Add 1 lb. ground beef and 1 clove garlic, minced. Stir with fork until lightly brown. Add chopped potato centers. Refill shells. Top each with square of Cheddar cheese. Broil until cheese is melted. Garnish as desired.

Salmon Potato Filling

Sauté 1½ cups chopped mushrooms in 2 tablespoons butter or margarine until moisture is evaporated. Add 1 Tb. chopped parsley. Divide mushroom mixture among potato shells. Whip 1 can (16 oz.) drained red salmon, potato centers, and ⅔ cup milk until smooth. Season to taste. Spoon or pipe mixture into potato shells; reheat in a 350° oven. Prepare one package (¾ oz.) hollandaise sauce, mix and serve with potatoes. Garnish with fluted mushrooms, if desired.

Homemade Potato Noodles: Wonderfully fresh and as easy to make as a pie crust.

Stuffed Potatoes: Cheeseburger, Salmon and Cottage Cheese Fillings.





Loaf: Crinkle-cut frozen french fries on the outside; frozen hashed browns, ground chicken inside.

Chicken-Olive Potato Pie: A filling of creamed chicken, mushrooms, olives and other good things garnished with frozen cottage fries.

Main Dish Salad: Potatoes, olives, hard-cooked eggs, onions, vinaigrette sauce.

THE POTAT

More unexpected potato re ipes, including bread, doug nuts and an orange puddin



Clockwise from left: Potato Breads and Potato Biscuits; Orange-Potato Pudding with Orange Sauce; Old-Fashioned Potato Doughnuts; and Baked Eggs in Potato Nests. Recipes begin opposite page.

HOMEMADE POTATO NOODLES
(pictured on page 94)

As simple as rolling out pie crust, these noodles can be used any way regular ones are.

2–3 cups all-purpose flour
2 teaspoons salt
¼ teaspoon nutmeg
2 cups mashed potatoes
2 egg yolks
1½ cups (½ lb.) sliced mushrooms
½ cup butter or margarine, melted
½ cup chopped parsley

Combine 2 cups flour, salt and nutmeg in a mixing bowl; mix well.

Combine mashed potatoes and egg yolks; add to flour mixture. Work into a firm dough, adding more flour if needed. Knead on a lightly floured surface for 8–10 minutes until dough is smooth. Roll out dough to 1/16-in. thickness and cut into strips ⅜ in. wide and 5 in. long.

Boil noodles in salted water for 7 minutes or until tender. Drain.

Add mushrooms to melted butter or margarine in a skillet. Sauté for 3 minutes. Add parsley and cook another ½ minute. Toss mushroom-butter sauce with noodles. Salt to taste. Serves 8.

Variations:

Fresh-cut noodles can be sautéed in butter until lightly browned. Season with salt and grated Parmesan cheese. Serve as an appetizer.

Or, noodles can be dried and placed in a plastic bag for future use. To reconstitute, place noodles in salted boiling water for 12–15 minutes. If used for sautéed noodles, boil for 8 minutes then sauté in butter.

CHICKEN-POTATO LOAF
(pictured on page 95)

Appetizer or main dish, this pâté-like dish is easy and inexpensive.

2 cups (¼ of a 32-oz. bag) frozen Southern-style hashed brown potatoes
2 lb. ground raw chicken or turkey
½ cup fresh or frozen chopped onion
1 small clove garlic, minced
¼ cup butter or margarine, melted
½ teaspoon salt
1 teaspoon pepper
4 tablespoons chopped parsley
3 eggs
1 cup light cream
1 package (16 oz.) frozen crinkle-cut french-fried potatoes
1 hard-cooked egg

Bake hashed brown potatoes according to package directions. Drain on paper towels.

In a large mixing bowl, combine chicken or turkey, onion, garlic, butter or margarine, salt, pepper and 2 tablespoons of the parsley.

Preheat oven to 375°. Beat eggs with light cream until well combined. Add to meat mixture along with hashed browns.

Line the bottom of a 11x4-in. loaf pan with waxed paper. Grease the waxed paper and the sides of the pan. Line the sides of the pan with the french-fried potatoes. Spoon in meat mixture.

Bake for 1 hour. Garnish the top with sieved egg yolk, chopped egg white and remaining parsley. Serve hot or cold with cranberry sauce. Serves 8.

CHICKEN-OLIVE POTATO PIE
(pictured on page 95)

This could be a new family favorite.

Pie crust:
1 cup cold prepared instant mashed potatoes
1 cup flour
½ teaspoon salt
½ teaspoon sugar
6 tablespoons vegetable shortening
Filling:
1 cup sliced mushrooms
2 tablespoons butter or margarine
3 cups cubed cooked chicken
1 cup stuffed green olives
½ cup blanched slivered almonds
1 package (14 oz.) frozen cottage fries
Sauce:
¼ cup flour
¼ cup butter or margarine, melted
2 cups light cream
1 cup chicken broth
½ tablespoon salt

To prepare pie crust: Prepare instant mashed potatoes as directed on package, omitting butter and salt.

Preheat oven to 400°. Sift flour, salt and sugar into a large bowl. Cut in potatoes and shortening with a pastry blender until mixture resembles cornmeal. Gather dough into a ball.

Place dough in the center of a 9-in. pie pan. With fingers, work dough around pan until it forms a shell.

Bake pie shell in a 400° oven for 10–12 minutes. (Can be done ahead.)

To prepare filling: Sauté mushrooms in butter or margarine until golden brown. Drain on paper towels. Arrange mushrooms, chicken, olives and almonds, in layers in order listed.

Preheat oven to 425°. Cook cottage fries according to package directions.

To prepare sauce: Stir flour into melted butter or margarine in a saucepan. Cook for 1 minute. Remove from the heat, stir in light cream, chicken broth and salt. Return to heat and cook, stirring constantly, until mixture boils and thickens. Pour sauce over chicken filling in pie shell. Arrange cottage fries on top of chicken pie. Serves 4–6.

MAIN DISH POTATO SALAD
(pictured on page 96)

With a soup this makes a full meal.

2½ lb. potatoes
1 cup vegetable oil
½ cup wine vinegar
2 teaspoons chopped fresh dill or ¾ teaspoon freeze-dried dill
1½ teaspoons salt
1½ teaspoons dry mustard
1 teaspoon celery seeds
½ teaspoon sage
¼ teaspoon garlic powder
¼ teaspoon white pepper
2–3 endives, diced
½ lb. Swiss cheese, cut in ¼-in. cubes
1 medium red onion, diced
3 hard-cooked eggs, chopped
½ cup sliced pitted ripe olives
½ cup chopped green pepper

Boil potatoes in their skins until tender but still firm. Peel and cut into ¾-in. cubes.

Combine ¼ cup oil, 2 tablespoons wine vinegar, dill, salt, dry mustard, celery seeds, sage, garlic powder and pepper in a small bowl or jar. Mix well or cover jar and shake well. Add ¼ cup more oil and 2 tablespoons wine vinegar; mix well. Add remaining ½ cup oil and ¼ cup vinegar; mix well. Pour over warm potatoes. Refrigerate overnight.

About 1 hour before serving, add endive, cheese, onion, eggs, olives and green pepper. Toss. Let marinate at least 1 hour before serving. Serves 6–8.

WHOLE WHEAT POTATO BREAD
(pictured on page 96)

If you've not yet tried making potato bread, now is the time.

1 package active dry yeast
1 teaspoon sugar
½ cup warm water (105°–115°)
2 cups milk, scalded
1 cup prepared instant or fresh mashed potatoes, omitting butter and salt
1½ tablespoons salt
1 tablespoon caraway seeds
4 cups whole wheat flour
4 cups all-purpose white flour
4 tablespoons cornmeal

Sprinkle yeast and sugar on warm water; stir until dissolved.

In a large mixing bowl combine milk, mashed potatoes, salt, caraway seeds and 1 cup of each flour. Beat until smooth. Cool to lukewarm. Stir in yeast and add enough of each flour to make a stiff dough.

Turn dough out onto a lightly floured board and knead for about 10 minutes until dough is elastic and smooth. Place dough in a greased bowl, turning to grease top. Cover with a towel and let rise in a warm place, free from drafts, until double in bulk.

Punch dough down and turn out onto a lightly floured board. Knead for 5 minutes. Divide dough in half and shape into two round balls.

Grease two 8-in. pie pans and dust with cornmeal. Place dough in pans. Cover with a towel. Let rise until double in bulk.

Preheat oven to 400°. Brush loaves with water and slit tops with sharp knife or razor in a crisscross fashion. Bake in 400° oven for 30–40 minutes. Makes 2 loaves.

POTATO BREAD
(pictured on page 96)

1 large potato, peeled and diced
⅓ cup hot water
1 package active dry yeast
1 teaspoon granulated sugar
¼ cup warm water (105°–115°)
½ cup dark brown sugar
½ cup instant nonfat dry milk powder
⅓ cup sweet butter or margarine
1 tablespoon salt
3 eggs
1 teaspoon ground mace or nutmeg
3 cups all-purpose flour

(continued)



Place potato pieces and ⅓ cup hot water in a small saucepan. Cook, covered, over medium-low heat until potato is tender. Set aside.

Sprinkle yeast and granulated sugar onto warm water; stir until dissolved. Let set until bubbly.

Combine brown sugar, nonfat dry milk powder, butter or margarine and salt in a large mixing bowl. Sieve cooked potato with cooking liquid into the mixture. Stir until smooth.

Stir in yeast, 2 lightly beaten eggs and mace or nutmeg. Add enough flour to make a slightly stiff dough. Beat for 3–4 minutes with a wooden spoon.

Set the mixing bowl in a pan of hot water; cover with a towel and let dough rise until double in bulk.

Grease two 7½x3¾x2¼-in. loaf pans. Punch dough down, divide in half, place in pans. Cover with a towel. Let rise in a warm place until double in bulk and has risen above tops of pans. Brush tops with remaining beaten egg.

Preheat oven to 400°. Bake loaves in oven 10 minutes, then lower heat to 350° and bake for 30 minutes longer. Makes 2 loaves.

SESAME POTATO BISCUITS
(pictured on page 96)

A very flaky biscuit.

2 cups flour
2½ teaspoons salt
1 cup butter or margarine
1 cup cold prepared mashed potatoes
4 egg yolks
1 egg white
2 tablespoons sour cream
¼ cup sesame or caraway seeds

Combine flour and salt in a large mixing bowl. Cut in butter or margarine with two knives or a pastry blender until mixture resembles coarse crumbs. Stir in mashed potatoes, 3 egg yolks and sour cream. Knead on a lightly floured board about 1 minute or until dough is smooth. Wrap in plastic wrap and chill in refrigerator for 20 minutes.

Roll out the dough on a lightly floured board to a ⅛-in. thickness. Fold the dough into quarters. Chill for 30 minutes. Repeat three times the above procedure of rolling out, folding and chilling the dough for 30 minutes.

Roll out the dough to a thickness of ¼ in. Cut into biscuits using a 2¾-in. cutter.

Preheat oven to 400°. Place sesame seeds on a saucer or plate. Lightly beat egg white in a custard cup. Lightly beat remaining egg yolk in another custard cup. Brush bottom of biscuits with egg white and then dip in sesame seeds. Place biscuits on cookie sheet. Brush biscuit tops with egg yolk and sprinkle with sesame seeds. Bake in a 400° oven for 15–20 minutes. Makes 2 dozen biscuits.

Variation: Biscuits can be cut smaller for a delicious hors d'oeuvre.

ORANGE-POTATO PUDDING
(pictured on page 96)

A lovely new dessert idea, fit for the grandest occasion.

Pudding:
4 eggs, separated
⅓ cup sugar
⅓ cup ground blanched almonds
2 tablespoons orange juice
1 tablespoon grated orange rind
1 cup leftover or prepared instant mashed potatoes

Sauce:
½ of a 3¾-oz. package vanilla instant pudding and pie filling
1 cup milk
1 egg yolk
2 tablespoons orange juice
1 tablespoon grated orange rind
1 teaspoon rum (optional)

To prepare pudding: Preheat oven to 350°. Line the bottom of a 6-cup charlotte or other mold with waxed paper. Grease waxed paper and sides of mold.

Beat egg yolks and sugar until thick and lemon colored. Add almonds, orange juice and rind. Beat in mashed potatoes.

Whip egg whites until stiff. Fold into potato mixture. Pour mixture into mold.

Bring an 8-in. cake pan filled with ½ in. of water to a boil on top of stove. Place the mold into the pan of water, put in a 350° oven and bake for 45 minutes.

Remove from oven and cool about 5 minutes. Run a knife around the edge of the pudding and unmold onto serving platter.

To prepare sauce: Combine vanilla pudding and pie filling mix with milk and beat according to package directions. Add and mix all remaining ingredients.

To serve, pour some of the sauce over warm pudding. Serve remaining sauce in a sauce boat. Garnish pudding with orange slices and mint sprig if desired. Serves 6.

OLD-FASHIONED POTATO DOUGHNUTS
(pictured on page 96)

Make a big batch and freeze the leftovers.

3 cups all-purpose flour
¾ cup sugar
2 tablespoons baking powder
½ teaspoon nutmeg
½ teaspoon salt
1 cup prepared mashed potatoes
3 tablespoons butter or margarine
2 eggs
¼ cup milk
1 teaspoon vanilla extract
Vegetable oil for deep-fat frying
Confectioners' sugar

Sift flour, sugar, baking powder, nutmeg and salt in a mixing bowl. Cut in mashed potatoes and butter or margarine with a pastry blender or two knives until mixture resembles coarse crumbs.

Combine eggs, milk and vanilla. Add to potato mixture. Mix well.

Heat vegetable oil to 360°.

Knead dough on a lightly floured surface. Roll dough out to ½-in thickness and cut with a floured 2½-in. doughnut cutter or two sizes of biscuit cutters.

Fry doughnuts in deep fat until golden brown, approximately one minute on each side, turning once. Fry the holes separately. Drain on paper towels. Cool. Sprinkle with confectioners' sugar. Makes about 3 dozen doughnuts.

continued on page 104



More potato recipes, from top left, counterclockwise: Potato-Nougat Cake, Potatoes in Blankets, Avocado-Potato Soup, Omelette Parmentier.



Here are 2 of the souper recipes in Campbell's FREE Tuna Handbook. Send for your copy!

You'll love all 12 quick and easy kitchen-tested recipes in Campbell's new colorfully illustrated Souper Tuna Handbook. To get a FREE copy, send name, address and zip code to SOUPER TUNA HANDBOOK, Box 515, Maple Plain, Minn. 55359.



SOUPER TUNA SALAD LAMAZE

- 1 can (10¾ ounces) Campbell's Tomato Soup
- 1 cup mayonnaise
- ¼ cup sweet pickle relish
- 1 tablespoon lemon juice
- ½ teaspoon grated onion
- ½ teaspoon prepared mustard
- 2 cups cubed cooked potatoes
- 1 package (9 ounces) frozen cut green beans, cooked and drained
- Sliced cucumber
- 1 can (about 7 ounces) tuna, drained and flaked

Combine soup, mayonnaise, pickle, lemon, onion, and mustard. Mix 1 cup soup mixture with potatoes and beans. Chill 1 hour or more. Arrange potato mixture on crisp salad greens; top with cucumber and tuna. Garnish with hard-cooked eggs and ripe olives if desired. Serve with remaining dressing. Makes 4 servings.

SOUPER TUNA NOODLE BAKE

- ½ cup chopped onion
- 2 tablespoons butter or margarine
- 1 can Campbell's Cream of Mushroom Soup
- ½ cup milk
- ½ cup drained chopped canned tomatoes
- 2 cups cooked medium noodles
- 1 cup cooked peas
- 2 cans (about 7 ounces each) tuna, drained and flaked

In saucepan, cook onion in butter until tender; stir in remaining ingredients. Pour into 2-quart shallow baking dish (12"x8"x2"). Bake at 400° F. for 20 minutes or until hot; stir. Top with sliced cheese and croutons if desired. Bake until cheese melts. Makes about 5½ cups.

Campbell's makes your cooking M'm! M'm! Good!



BLUE RIBBON RECIPES

FIFTY-DOLLAR WINNERS

One of the best surprises we've had in a long time comes from Peoria, Ill.: Surprise Burgers sprung on us by Karen Milonas. Hiding inside each hamburg patty is a delicious cottage cheese and spinach mixture.



SURPRISE BURGERS
2 lb. ground beef
1 teaspoon ground cumin
1 clove garlic, crushed
1 teaspoon mint (leaves)
1 teaspoon salt
¼ teaspoon pepper
1 egg
½ cup fresh bread crumbs
½ of a 9 oz. pkg. frozen chopped spinach, thawed
½ cup cottage cheese
1 teaspoon lemon juice

Mix ground beef, cumin, garlic, mint, salt, pepper, egg and bread crumbs. Set aside.

Combine spinach, cottage cheese and lemon juice. Form 8 meat patties and flatten. Place about 2 tablespoons of spinach mixture into center of each patty. Bring meat over mixture and seal. Shape into oval patties.

Place on a lightly greased jelly roll pan. Bake at 450° for 20 minutes or until done. Serves 8.

Mrs. Evelyn Murphy of Temple City, Calif., sent us this unusual and delicious curried meat loaf with a custard topping. Mrs. Murphy calls it "an easy dish that tastes expensive"; she likes to serve it with "hot fluffy rice and curry condiments in little bowls."



CURRIED GROUND MEAT
1 slice white bread
1 cup milk
⅔ cup chopped onion
2 tablespoons butter or margarine
1 lb. ground beef
12 blanched, chopped almonds
1 tablespoon curry powder
2 teaspoons salt
2 teaspoons aromatic bitters
1 teaspoon sugar
2 tablespoons lemon juice
½ teaspoon pepper
2 eggs

Soak bread in a little of the milk; squeeze dry, reserve milk. Sauté onion in butter; add meat, brown lightly and remove from heat. Add almonds and seasonings along with soaked bread. Mix well and turn into 8-in. ovenproof dish. Beat eggs and remaining milk; pour over meat mixture. Bake at 350° until custard sets, about 20 minutes. Serve with rice and curry condiments.

Send us your favorite recipe that uses eggs. We'll pay $50 for two winners. Include some mention of origin; we reserve the right to alter recipes used; recipes become property of Downe Publishing, Inc. Entries must be postmarked by March 31. Send: Recipe Exchange, Ladies' Home Journal, 641 Lexington Ave., N.Y., N.Y. 10022.

Booklet Special

We're intrigued by a substantial little book—*Table Top It!*—by West Bend and Land O Lakes butter, 100 recipes for electric skillets, kettles—even electric woks. And they're the kind of things we *never* have enough of—quick hot meals, easy company dishes. Send 50¢ to West Bend Co., "Table Top It!" Box 278, West Bend, Wisc. 50395.

MACAP: HELP FOR APPLIANCE OWNERS

MACAP—the Major Appliance Consumer Action Panel—is a group of industry and consumer specialists set up to help owners of major appliances who are unable to solve repair, performance or parts problems through either dealers, service centers, or the manufacturer. We've mentioned MACAP before, and do so again for two reasons: (1) They're expanding to handle an even greater volume of complaints. (2) Their figures show that they've helped an awful lot of problems (over 12,000 complaints have been handled in the past four years).

If you *do* ever have a problem with a major appliance and you can't resolve it locally, try MACAP. (Be prepared to describe the problem and document the steps you've taken.) Write to MACAP, 20 North Wacker Drive, Chicago, Illinois, 60606—or call them collect at 312-236-3165.

HALVE BREAD COSTS

A pound loaf of white sandwich bread costs around 53¢; day-old bread is selling for 31¢; and it costs 35¢ to make your own pound-sized loaf from scratch. Biggest surprise of all: there's something cheaper than baking it yourself . . . and that something is frozen bread dough. An average price for a one-pound loaf hovers around 30¢, but it can sometimes be found on special for less. (And your house *smells fantastic* while it's baking.) There are several brands around the country, but because it's a new idea, you may have to try more than one store. Here's how to find bargains:

- Look for the day-old bread section in your supermarket. If you can't find one, try another store.
- If you live in the vicinity of a bakery thrift outlet, you can stock up on day-old bread (it freezes well) and other bakery items as well. Check Yellow Pages for one near you.
- As for the frozen bread dough, we offer two shopping tips to help you select the freshest: (1) Look for a pure white color. (2) Look for loaves that have little or no ice-crystal build-up.

CONTINUED

The Dole Banana.
As a snack, it's a natural.



Naturally, you won't find a list of ingredients on a Dole banana, because the only ingredient in a Dole banana is banana! Nothing artificial.

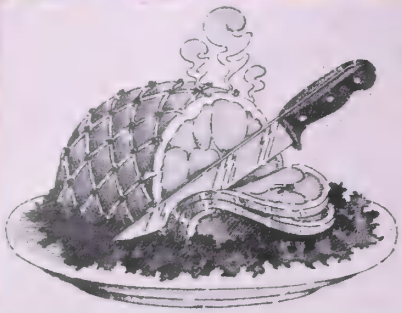
It may come as a surprise to you, but a medium-size Dole banana has only about 85 calories. Which makes it filling, but not fattening.

So the next time you think snack, think banana. Dole, naturally.

Natural Ingredients	100%
Natural Flavor	100%
Natural Color	100%
Calories about	85

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JOURNAL ABOUT HOME



EASTER HAM PARADE

How to choose from that array of smoked, cured, boneless or bone-in, whole, half, or sliced hams? Some families make a ritual of preparing smoky, richly-flavored country-style ham—the kind that needs scrubbing, soaking, boiling and baking. Others like the convenience of precooked boneless ham. To help you in your choice, we offer the following Ham Catalog.

HAM CATALOG

Important: All uncooked ham must be cooked to an internal temp. of 170°.

TYPE	SIZE	TIPS	Servings per pound
Boneless (may be called rolled, shaped or formed)	*3–14 lbs. (Sold at meat counters; keep refrigerated)*	*Minimal waste, easy to carve.*	*3–4*
Whole, bone-in.	*10–18 lbs.*	*Choose plump ham with short, stubby shank end.*	*2–3*
Butt end—meatier than shank but harder to carve.	*6–8 lbs.*	*Label should read "whole butt half." Otherwise choice slices may have been removed.*	*2–3*
Shank end—easier to carve than butt; not as meaty.	*6–8 lbs.*	*Make sure label reads "whole shank end."*	*2–3*
Canned hams (boneless): Some need refrigeration—check labels.	*1½–14 lbs.*	*Imported, domestic. Available smoked or unsmoked, precooked. Read label to determine which.*	*3–4*
Specialty ham (Smithfield, country-style)		*Usually highly cured with distinctive flavors.*	*2–3*



COLD-WATER LAUNDERING

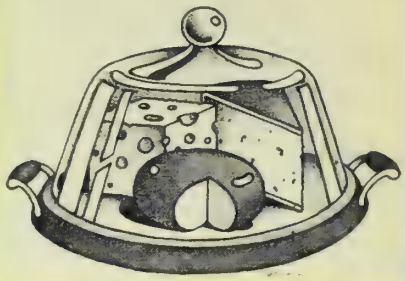
Conserve energy—and save up to $50 a year on your hot water heating bills? Doing your laundry in cold water can be the answer. But, will cold water get things clean enough? Recognizing that the hardness and temperature of cold water vary widely—as well as the dirtiness of laundry—here's how to do the best job.

- Sort laundry carefully to avoid mixing heavily and lightly soiled items.
- Presoak heavily soiled items. Pretreat stains with liquid detergent.
- Use plenty of detergent. Don't skimp. (You might have to use as much as 20 percent more.)
- Be especially careful not to overload your washer.
- Chlorine bleach helps. Use as directed.
- "Cold" water varies. If your water temperature goes below 60°F, fill a quarter of the tub with hot water. You can still rinse with cold water.

KEEPING CHEESE FRESH

There's been an explosion of interest in cheese! Suddenly everyone's buying it, but not everyone knows how to store it. Without further ado, we offer these ways to preserve the joy of cheese.

- When storing unopened cheese, follow package directions or do as the store did.
- Wrap each piece of cheese separately and *firmly* in two layers of plastic wrap. This is a general rule for all types of cheese, except the blue cheeses (Danish Blue, Roquefort). They need air and moisture and are best stored in a covered glass dish or cheese keeper.
- Serious cheese lovers often first wrap semi-hard cheese (Swiss, Cheddar) in a clean white cloth, which has been moistened with a mild vinegar solution.
- If your cheese is crumbly, smooth it out with the flat of a knife (the way you ice a cake) before storing. Cuts down on moisture loss.
- You can keep cheese out of the refrigerator *if* you have a cool spot for it, between 50–55° F.
- Be careful not to store cheese in too cold a place. Temperatures below 35°F will affect flavor and texture. (We have a cold spot in our refrigerator that must be avoided.)
- Paradoxically, you *can* freeze some cheese. But make sure it's cheese you intend to cook with. Swiss, Provolone, Mozzarella and Parmesan are some cheeses that can be frozen. Do it in pieces under ½ lb., and wrap tightly in foil.



NEW PRODUCTS: THE LATEST WORD

The Latest Word in Cheese comes from Kraft. They're introducing a new line of five "natural" (as opposed to process) cheeses all called Casino Brand Natural Cheese: Monterey Jack, Brick, Muenster, Mozzarella, and Caraway. Since all are fairly mild, they're a good way to start experimenting with different cheeses.

The Latest Word in Spiced Cheese is Dorman's newest import: Cantadou, a soft creamy cheese with more herbs and less garlic than other cheeses of this type.

The Latest Word in Spices is from International Spice. Black and white peppercorns, sea salt crystals, nutmeg chunks, fennel seeds, etc., are packaged in their own little grinders. Look for them in gift, specialty stores.

AHA! Campbell's put their Chunky Soup (beef, chicken, vegetable) in single-serving-sized cans. Very useful, especially when little Jennifer wants chicken and little Timmy won't hear of anything but beef.

One Perfect Burger in Presto's new (no-stick) Minute Burger. It's a small round electric grill that does hamburgers in one to three minutes. Also heats sandwiches.

One Perfectly Quiet Radio. RCA's new Sportsman radio is a little 6-oz. box with no speaker. Just a tiny earphone. It's battery-operated and can go anywhere without disturbing others.

Drawings by Rainbow/Grinder

Our fresh cut Mozzarella...





puts the pizzazz in a Pizzaburger.

If you don't have the pizzazz, you don't have the fresh-off-the-block slices of Kraft Natural Mozzarella Cheese. The subtle flavor of the cheese just won't quit. It's been aged just right, sliced, and packaged fresh at the very peak of flavor, like our other natural cheese slices: Muenster, Brick, Swiss and Monterey Jack. They all put a little extra something in sandwiches.

PIZZABURGER

1½ lbs. ground beef
½ teaspoon garlic salt
¼ teaspoon pepper

* * * * *

16-oz. can tomatoes, drained, chopped
8-oz. can tomato sauce
2½-oz. jar mushrooms, drained
1 teaspoon oregano leaves
3 individual French bread loaves, baked, split
8-oz. pkg. Kraft Natural Low-Moisture Part-Skim Mozzarella Cheese Slices
2 cups onion rings, sautéed

Combine meat and seasonings. Shape into 6 oval patties; broil on both sides to desired doneness. Heat together tomatoes, tomato sauce, mushrooms and oregano; simmer 15 minutes. For each sandwich, top bread half with patty; spread with sauce. Top with cheese, onion and additional sauce; broil until cheese melts. 6 sandwiches.



KRAFT

Division of Kraftco Corporation

Quality sandwich cheese, sliced right off the block.



BAKED EGGS IN POTATO NESTS

(pictured on page 96)

A great brunch idea.

Potato Nests:
4 cups prepared mashed potatoes
¼ cup butter or margarine
½ cup grated Parmesan cheese
2 eggs
¼ cup heavy cream
1½ teaspoons salt
⅛ teaspoon white pepper
Pinch of nutmeg
Flour
Filling:
½ lb. sliced bacon
1 green pepper, cut into 2x⅛-in. julienne strips
2 tablespoons butter or margarine, melted
8 eggs
Cayenne pepper

To prepare potato nests: Heat potatoes in a saucepan, stirring constantly to remove excess moisture. Stir in butter and cheese until melted. Remove from heat and cool slightly. Add eggs, cream, salt, pepper and nutmeg. Mix well.

Place ½ cup mashed potato mixture into each of eight greased 6-oz. custard cups. With floured fingers, press mixture over the sides and bottom of the custard cup. Flute top edge. (Preparation up to this point may be done in advance. Wrap cups and store in the refrigerator.)

Preheat oven to 400°. Place custard cups in a baking pan; add enough boiling water to bring level to 1½ in. from bottom. Bake in a 400° oven for 25 minutes.

To prepare filling: Lay bacon strips out on a jelly roll pan and bake in a 375° oven for 8–10 minutes until partially cooked. Roll up 8 slices of bacon and secure with wooden picks. Continue baking remaining bacon slices with bacon curls until crisp. Drain on paper towels. Crumble bacon slices, reserving bacon curls for garnish.

Sauté green pepper strips in butter until limp; drain. Reserve 24 green pepper strips for garnish.

Place remaining green pepper and crumbled bacon into partially cooked potato cups. Top with a raw egg. Return to 375° oven and continue baking in water bath for 7 minutes or until eggs are baked to desired degree of doneness. Garnish cups with bacon curls, green pepper strips and a sprinkle of cayenne pepper. Serves 8.



(All following recipes pictured on page 93)

POTATO-NOUGAT CAKE

1 package (18½ oz.) white cake mix
1 cup cold instant mashed potatoes
4 packages (3 oz. each) cream cheese
¾ cup granulated sugar
¼ cup butter or margarine
1 tablespoon almond extract
2 teaspoons vanilla extract
1 cup toasted blanched almonds
1 cup toasted blanched filberts

Bake white cake mix according to package directions. Prepare instant mashed potatoes according to package directions, omitting butter and salt.

Beat cold mashed potatoes, cream cheese, sugar and butter until smooth. Add extracts.

Spread frosting on cake. Press nuts against the sides of cake.

POTATOES IN BLANKETS

Dough:
2½ cups flour
1 teaspoon baking powder
½ teaspoon salt
2 eggs
⅔ cup vegetable oil
2 tablespoons cold water
Filling:
1 cup fresh or frozen chopped onion
6 tablespoons butter or margarine
2 cups cold instant mashed potatoes
2 eggs
1 teaspoon salt
½ teaspoon ground nutmeg
¼ teaspoon pepper
2 tablespoons milk



ough: Sift flour, baking powder and lt into a large bowl. Make a well in e flour mixture. Add eggs, vegetable l and water and mix. Gather dough to a ball. Roll out on a lightly floured rface to ⅛-in. thickness. Cut into 3-in. rcles with a cookie cutter.

o prepare filling: Combine onion, but-r, potatoes, 1 egg, salt, nutmeg and epper until well blended.

Preheat oven to 375°. Place a table-oon of filling mixture on one-half of e pastry circles. Place remaining rcles on top, pressing edges together.

Combine remaining egg and milk; rush tops of circles with the egg-milk ixture. Place pastries on a greased aking sheet. Bake in a 375° oven for 5 minutes. Makes about 20.

AVOCADO-POTATO SOUP

A main dish soup, to serve with crusty bread and a salad.

¼ cup butter or margarine
2 cups fresh or frozen chopped onion
2 tablespoons flour
1 cup chicken broth
1½ lb. (4 medium) potatoes, cooked, peeled and cubed
1 teaspoon salt
Pinch pepper
3 cups milk
3 eggs
1 package (3 oz.) cream cheese at room temperature
1 avocado, peeled and sliced
½ lb. shrimp, cooked and cleaned

Melt butter or margarine in a large saucepan. Add onions and sauté on medium heat for about 10 minutes until tender and golden. Stir in flour and cook for 1 minute. Remove from heat and gradually add chicken broth. Return to heat and cook, stirring constantly, until mixture boils and thickens. Add potatoes, salt and pepper. Simmer 20 minutes. Put mixture through a sieve or puree in blender until smooth. (Preparation up to this point may be done in advance.) Return potato mixture to saucepan. Add milk and reheat.

Beat eggs and cream cheese together. Gradually add to potato mixture, beating constantly until just combined.

Before serving add avocado and shrimp. Makes 2 quarts.

OMELETTE PARMENTIER

A puffy omelet that's pretty and inexpensive.

Filling:
2 lb. potatoes
4 oz. sliced bacon, cut into 1-in. pieces
2 large shallots, chopped
2 tablespoons flour
2 tablespoons butter or margarine, melted
2 cups milk, scalded
¼ cup white wine
¼ teaspoon salt
⅔ cup grated Parmesan cheese
1 cup cooked ham, cut in 2x¼-in. strips
Omelette:
6 eggs, separated
½ teaspoon salt
¼ teaspoon cream of tartar

To prepare filling: Peel potatoes and cut into 2x¼-in. strips. Cook in boiling water for about 10 minutes or until just tender. Drain. *(continued)*

Pineapple packed in its own juice.



No sugar added. At Dole, sweetness comes naturally.

RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

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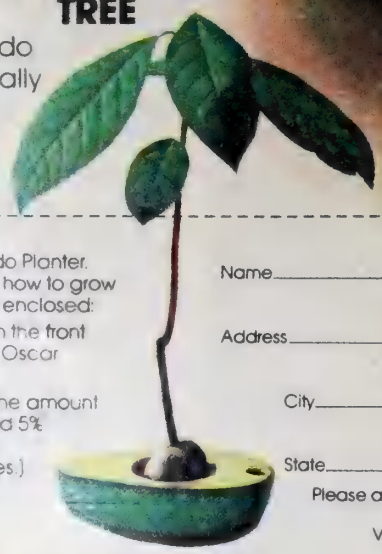
The BLT, California Style.

Where fresh California Avocados get together with lean Oscar Mayer bacon. Simply start with the tasty, hardwood smoked flavor of our bacon. Add lettuce and tomato. Now, top with delicate, creamy-smooth slices of California Avocado.

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- A check or money order in the amount of $2.00. (Illinois residents add 5% sales tax. Price includes all shipping & handling charges.)

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Chicago, IL 60677

Name_____

Address_____

City_____

State_____ Zip_____

Please allow 4 to 6 weeks for delivery.
Offer expires Dec. 31, 1975.
Void where prohibited by law.



Fry bacon until crisp in a skillet. Drain on paper towels. Sauté shallots in bacon fat in skillet. Drain.

In a saucepan stir flour into melted butter or margarine. When bubbly, add milk all at once. Stir constantly until mixture boils and thickens. Add white wine and salt. Remove from heat. Stir in Parmesan cheese. Fold in potatoes, bacon, shallots and ham. Set aside over hot water to keep warm.

To prepare omelette: Preheat oven to 350°. Line a 15½x10½-in. jelly-roll pan with waxed paper and grease it. Beat egg yolks until lemon colored and thick. Blend in salt. Whip egg whites and cream of tartar until they hold a stiff peak. Fold whites into beaten yolks.

Spread quickly and evenly in prepared pan. Bake in a 350° oven for 7 minutes or until puffed and firm to the touch. Invert on a lightly floured surface of a sheet of aluminum foil or waxed paper. Peel off top sheet of waxed paper. Spread filling on omelette and roll up like a jelly roll, starting at narrow end. Transfer to a hot platter. Serves 6.

POTATO AND POTATO CAKE

A nice side dish for broiled meats or chicken. Super simple.

1 package (16 oz.) potato rounds
1 package (12 oz.) shredded hash brown potatoes
4 eggs
1½ cups heavy cream
2 cups (8 oz.) grated Swiss cheese
1½ teaspoons salt
½ teaspoon pepper
½ teaspoon nutmeg

Cook potato rounds and hash brown potatoes according to directions.

Preheat oven to 375°. In a large bowl beat eggs with a wire whisk. Add all remaining ingredients. Fold in cooked potatoes. Pour mixture into a greased 8x8x2-in. square baking dish or cake pan. Bake in a 375° oven for 35 minutes. Serves 6.

ON THE STAFF

By Lenore Eversole Fisher

The loaf my Mother used to make
Was never fortified
With vitamins and supplements
But with her skill and pride.
Its fragrance overflowed the house,
It rose to astral height,
And crackling crustiness enticed
A schoolgirl's appetite.

Now, diet bread is penance paid
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*Based on a survey of 1,379 Sunsweet users of whom 74% indicated that they drink Sunsweet Prune Juice to help keep regular, among other reasons. Write for more details.

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COOK-AHEAD CHINESE

continued from page 87

You'll find most Chinese ingredients at Chinese grocery shops in Oriental neighborhoods, foreign food sections of supermarkets, gourmet food sections of department stores and health food stores. Failing these, ingredients can be obtained by mail order:

East: Eastern Trading Co.
2801 Broadway
New York, N.Y. 10025

Midwest: Kam Shing Company
2246 Wentworth Avenue
Chicago, Ill. 60616

West: Wing Chong Lung Co.
922 South San Pedro Street
Los Angeles, Calif. 90015

Shing Chong & Co.
800 Grant Avenue
San Francisco, Calif. 94108

South: Oriental Import-Export Co.
2909 Polk Street
Houston, Tex. 77002

STUFFED CHICKEN WINGS
(pictured on page 86)

American readers, seeing the title of this dish, may not believe their eyes. The idea of stuffing anything as tiny as a chicken wing appears not only difficult, but hardly worth the effort. Actually, the dish is a tribute to Chinese thrift and ingenuity. Once tried, it proves easy to make and delightful to taste.

16 chicken wings
16 strips of bamboo shoots, 1½ x ¼ x ¼ in.
16 strips of Smithfield ham, 1½ x ¼ x ¼ in.
16 strips of Chinese mushrooms (soaked before cutting), 1½ x ¼ x ¼ in.
2 scallions, in 2-in. lengths
1½ tablespoons light soy sauce
1 teaspoon salt
3 tablespoons vegetable oil
¼ cup Chinese mushrooms, soaked and cut in wedges
½ cup bamboo shoots, in thin slices
2 ounces snow peas or ¼ cup green bell pepper, cut in 1-in. squares
½ teaspoon sugar
2 teaspoons cornstarch, dissolved in 1 tablespoon water

Preparation: Cut the wings apart at both joints. You will use only the middle section (save other parts for soup).

Bring 2 cups of water to a boil. Add chicken and boil 4 minutes. Remove from pan and cool till meat is touchable. Save broth. Sever the tendon at both ends of each piece, about ½ inch from end. Gently, with your fingers, push out the bones inside each piece. Immediately, in the cavity left by removing the bones, place 1 strip each of bamboo shoot, ham, and mushroom. Repeat with all the wings.

Marinate in 1 tablespoon of the soy sauce and ½ teaspoon of the salt for 20 minutes. *(continued)*



COOK-AHEAD CHINESE
continued

Cooking Procedures: Heat the oil in a wok or skillet and fry the wings for 2 to 3 minutes, then turn over gently and cook for another minute. Add the scallions, mushroom wedges, the ½ cup sliced bamboo shoots, and the snow peas or peppers. Add the remaining soy sauce and salt and the sugar and stir a few times, then add ½ cup of reserved broth and cook for 2 minutes. Thicken with the predissolved cornstarch (stirred again to make sure the water and cornstarch are thoroughly mixed), then serve. Serves 4.

Tips: The chicken wings can be stuffed in advance and kept in the refrigerator. Mushrooms, bamboo shoots, and snow peas can be sliced before cooking. This way, the final cooking takes little time.

If you have trouble boning the chicken wings as directed, split the wing lengthwise, bone it, and put in the three strips. Then tie the stuffed wing with a scallion previously dipped in hot water until pliable.

Editors Note: Boiled ham may be substituted for Smithfield ham.

SHRIMP SUSANNA
(pictured on page 86)

If "Shrimp Susanna" sounds like an unusual title for a Chinese recipe, there is a good reason for the name. My late sister, Susanna, adapted the recipe for these very tasty shrimp cakes from the difficult, traditional method to a more practical, modern style of cooking. They are excellent as an appetizer, and can be made ahead of time and reheated for serving.

1 lb. raw shrimp
2 strips bacon
¼ cup chopped scallion, green part only
1 teaspoon minced fresh ginger
¼ medium-sized cooking apple, peeled and cut into small dice
½ teaspoon salt
¼ teaspoon sugar
Pinch of white pepper
2 teaspoons cornstarch
1 teaspoon dry sherry
2 eggs, unbeaten
¼ cup vegetable oil
1 cup of lettuce shreds

Preparation: Shell and devein shrimp. Wash and drain. Cut into very small pieces.

Fry or broil the bacon until crisp, then drain on paper toweling and crumble into fine pieces.

Combine shrimp, bacon, scallion, ginger, and apple dice, then add salt, sugar, pepper, cornstarch, and sherry; mix well. Add unbeaten eggs and mix again carefully.

Cooking Procedures: Heat oil in a frying pan. When oil is hot, drop the shrimp mixture in tablespoonfuls into the pan. After cooking for about a minute, turn each over. When delicately brown, take out and lay on the bed of shredded lettuce. Serve immediately. Serves 8.

Tips: If you wish, you can make shrimp cakes ahead of time, and simply reheat them on a cookie sheet in a preheated 400° oven. Heat 5 minutes or less.



PEKING SOUR AND PEPPERY SOUP
(pictured on page 86)

This is a particularly popular soup for winter meals.

¼ lb. pork
¼ cup dried Chinese mushrooms
12 tiger-lily buds
1 tablespoon dried cloud ears
1 egg
1 cake fresh bean curd
5 cups chicken or pork broth
¼ cup bamboo shoots in shreds
1 tablespoon salt
½ teaspoon sugar
2 tablespoons light soy sauce
2½ tablespoons wine vinegar
⅛ teaspoon black pepper
2½ tablespoons cornstarch, dissolved in 2 tablespoons of cold water
1 tablespoon Oriental sesame seed oil

(continued)

ration: Cut the pork into match-sized shreds.
k Chinese mushrooms, lily buds, loud ears in 1 cup of hot water for nutes. Rinse, drain, and shred the ooms and cloud ears. Cut the tiger-ds into 1-in. lengths.
t fresh bean curd into shreds.
ht the whole egg until white and ure thoroughly mixed.
ng Procedures: Heat broth in a saucepan until boiling. Add pork and mix a few times. Keep the boiling as you add bean curd, bam-hoots, mushrooms, lily buds, and ears. Add salt, sugar, soy sauce, vinegar, and black pepper. Boil for re minutes; stir a few times. Thick-th predissolved cornstarch. Pour in Turn off flame immediately. Stir y a few times. Dish into casserole sprinkle sesame seed oil on top. hot. Serves 6.
Partially freeze the pork, then it first before cutting into shreds. inese mushrooms, cloud ears, lily , and bean curd can be bought in ese and Oriental stores. Certain met stores also carry some of these dients.
e cooking takes a very short while, preparations, as always, can be ahead of time.

ors Note: Tiger-lily buds and dried l ears are optional ingredients.

WATER CHESTNUT AND BROCCOLI SALAD
(pictured on page 87)

salad is colorful as well as tasty. use chopped frozen broccoli is used, n be served at any season of the .

ater chestnuts
ckages (10 oz. each) frozen chopped roccoli
uare soy sauce-pressed bean curd, nely chopped (optional)
blespoon finely minced preserved d ginger (optional)
ce:
blespoons light soy sauce
blespoons Oriental sesame seed oil
easpoon sugar
easpoon salt
easpoon Chinese hot pepper oil

paration: Finely chop the water stnuts.
haw and drain broccoli. Chop a few e times to make it fine, then mix minced water chestnuts and bean d, if used. Set aside.
Combine the soy sauce, sesame seed sugar, salt, and hot pepper oil, and minutes before serving, mix sauce broccoli. Sprinkle red ginger, if us-on top. Chill, and toss once more re serving. Serves 6.
s: Oriental sesame seed oil can be chased in Oriental stores and in e supermarkets, especially those health food sections. It keeps well he shelf and is rich in vitamin A.

Preserved red ginger comes in a bottle, and keeps well for several months without refrigeration. Caution: Buy only the kind sold in Chinese grocery stores, as the kind imported from other Oriental countries does not taste sweet and cannot be used in this recipe.

Fresh broccoli may be used. Parboil before chopping.

Editors Note: A dash of hot pepper sauce may be substituted for Chinese hot pepper oil.

RED-COOKED PORK CUBES WITH BRAISED BAMBOO SHOOTS

The phrase "red-cooked" decribes the reddish-brown color of the meat after it has been cooked in dark soy sauce.

2 lb. lean pork butt
1 scallion
2 tablespoons vegetable oil
2 slices fresh ginger, each about 1 in. in diameter and ⅛ in. thick
½ cup dry sherry
3 tablespoons dark soy sauce
1 tablespoon sugar
1 can (16 oz.) braised bamboo shoots

Preparation: Cut pork butt into 1-in. cubes. Wash and cut scallion into 2-in. pieces.
Cooking Procedures: Heat oil in a 3-quart saucepan and add ginger and scallion. Mix a few times. Add pork cubes and mix until all pork cubes are coated with oil. Add sherry, dark soy sauce, and sugar. Mix again. Add 1 cup cold water.

Bring to boil, cover and cook over medium flame for 30 minutes. Uncover and add the braised bamboo shoots. Stir briefly, then turn the flame to low and continue cooking for another 15 minutes. Serves 4.
Tips: This dish can be kept warm in the oven at 140° for about half an hour. It can also be prepared ahead and reheated in the same saucepan on top of the range. Simply bring it back to boiling point.

Braised bamboo shoots, which are available in cans in Chinese grocery or specialty stores, are quite salty and are very different in taste from plain bamboo shoots.

WU-SIH PORK

1 rack of spareribs (about 2 lb.)
2 slices fresh ginger
2 scallions, green part and all
3 tablespoons wine vinegar
3 tablespoons dark soy sauce
1 small piece cinnamon bark
¼ cup sugar

Preparation: Cut the rack of ribs into 4 pieces lengthwise, then cut into smaller pieces along every rib. In a large saucepan, bring 2 quarts water to a boil. Drop in spareribs; bring to boil again. Drain and rinse in cold water 2 or 3 times.
Cooking Procedures: Place ginger and scallion in a 6-quart pan. Turn flame to high and add ribs. Add vinegar, soy sauce, cinnamon bark, *(continued)*



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COOK-AHEAD CHINESE

continued

and sugar. Bring to boil. Add 1 cup cold water. When the mixture boils again, turn flame to medium low and cover. Cook for 1 hour, then remove the ribs from the pan and pour the liquid into a container. Keep both in refrigerator overnight. On the next day, skim off all fat from liquid and pour it over ribs again. Just before serving, reheat by cooking for 15 minutes on top of the range. Serves 6.

Tips: This is an excellent buffet dish, because it must be made at least the day before, and can even be made several days before it is needed.

The best kind of spareribs to use are those called "country spareribs," which have more meat and more taste than ordinary ribs.

BACON FRIED RICE

Fried rice, made with cold cooked rice, is an economical way of using up leftover rice and serves well for lunch and unexpected company.

½ lb. raw bacon
2 eggs
3 tablespoons vegetable oil
3 cups cold cooked rice
1½ tablespoons dark soy sauce
¼ cup green scallion, in ¼-in. pieces

Preparation: Cut bacon into ½-in. pieces. Fry in wok or frying pan until crisp. As bacon cooks, drain off oil. Drain bacon pieces on paper towels.

Beat eggs until yolk and whites are thoroughly mixed. Heat 1 tablespoon oil in small wok or skillet and pour in the beaten eggs. When slightly firm, remove from pan.

Cooking Procedures: Heat the remaining oil in a wok or skillet. Add the 3 cups cooked rice and toss with the cooking spoon or spatula for about 2 minutes, until oil and rice are well mixed. Add the soy sauce and mix thoroughly.

Add the scallion, eggs, and bacon bits, breaking eggs up with spatula. Mix well. Serves 4.

Tips: It is important that the rice be cold—can be cooked the day before.

Fried rice can be left in the oven at 140° for 30 minutes. Be sure to cover the casserole. In this case use 2 tablespoons scallion while cooking and mix in another 2 tablespoons just before serving. The green of the uncooked scallion adds eye appeal to the dish.

This dish can be made in advance and frozen for several weeks. Thaw to room temperature, then warm in a 250° oven for 20 minutes. **End**

SPENDING YOUR MONEY

continued from page 38

the $750 dependency deduction. T exceptions are that the other pare (usually the father) can get the dedu tion if either (1) he contributed at lea $600 to your child's support during t year, and your divorce or separation d cree or a written agreement provid that he gets the deduction, or (2) h contributed $1,200 or more for chi support during 1974 (regardless of ho many children you have) and you, t parent having custody (wife) do n prove that you contributed more tha he did. If you do claim that you co tributed more than he did, then each you is entitled to an itemized statemen of the expenses claimed by the other.

What if the grandparents contribute substantially to your child's total sup port in 1974?

The above rules apply only where th parents together furnish more than ha of your child's total support in 1974 an your child was in the custody of one o both parents for more than half of th year. Thus, the rules would *not* appl if the grandparents contributed 75 per cent of your child's total support. An the rules also would *not* apply if you child was in the custody of grandparent for, say, seven months of 1974.

What if you and your husband can' agree on who should get the depen dency deductions for your children?

If the father contributed a total o $1,200 or more during 1974 for all you children, he is entitled to get the figure from you to back up his claim of con tributing more than half their support and to disprove your claim that you con tributed more than he did.

The best way to avoid unpleasant arguments and unnecessary litigation is to try to work out dependency deductions sensibly between yourselves and then to agree in writing which one or ones of the children the father can take.

If your father gave you $2,000 which you used to support your child, and your former husband gave you $1,500 toward child support, do you or your father claim the $750 deduction?

That depends on how the money you received from your father was given to you. If your father specified that his money was to be used for your child's support, then your father could claim the exemption. If he simply gave it to you with no strings attached and you had the privilege of using it as you desired, then you are using your own money to support the child and you can claim the exemption. **End**

For more income tax advice, see Ralph Nader's column in this issue.

Is New True 100 lower in tar* than your 100?

Regular: 12 mg. "tar", 0.7 mg. nicotine

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BENSON & HEDGES
Regular: 17 mg. "tar", 1.1 mg. nicotine

Regular: 17 mg. "tar", 1.1 mg. nicotine

Menthol: 19 mg. "tar", 1.3 mg. nicotine

Regular: 17 mg. "tar", 1.1 mg. nicotine

Menthol: 17 mg. "tar", 1.3 mg. nicotine

Regular: 19 mg. "tar", 1.4 mg. nicotine

BENSON & HEDGES
Menthol: 17 mg. "tar", 1.1 mg. nicotine

VIRGINIA SLIMS
Regular: 16 mg. "tar", 1.0 mg. nicotine

Regular: 16 mg. "tar", 1.2 mg. nicotine

Regular: 19 mg. "tar", 1.4 mg. nicotine

Regular: 17 mg. "tar", 1.1 mg. nicotine

Regular: 17 mg. "tar", 1.1 mg. nicotine

Regular: 18 mg. "tar", 1.3 mg. nicotine

Menthol: 17 mg. "tar", 1.3 mg. nicotine

Regular: 20 mg. "tar", 1.4 mg. nicotine

Regular: 19 mg. "tar", 1.3 mg. nicotine

Silva
Menthol: 16 mg. "tar", 1.1 mg. nicotine

SOURCE: FTC Report October '74.
Of all domestic brands, lowest yield... 2 mg. "tar", 0.2 mg. nicotine.
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*av. per cigarette, by FTC method.

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And while they're having fun,
they can munch on Kisses.
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in brightly colored Easter wrappers.

**Confectioners' Glue Recipe*

1 large egg white
1¾ cups confectioners' sugar
Blend in small mixer bowl.
Beat 2 minutes at high speed.
Yield: ¾ cup.



HERSHEY'S

continued from page 52

before the ceremony. It said, first, that she must be alone whenever she feels the need; and second, that she doesn't expect him to be anything so foolish as faithful, and she doesn't expect him to expect *her* to be, either; and third, that she must be free to do things that she simply must do, when she must do them; and fourth, if she decides by the end of a year that she isn't happy, he must let her go. She was *really* liberated."

"Are you?" I asked.

"Me? Hmm." MacLaine cracked open another nut and stared at the inside as though it contained answers. "Well, I think my life is pretty free relative to most women, but I still have a long way to go. I'd like to be able to relinquish my attachment to *things*." She waved an arm about the thing-filled room: things to sit on, things hanging on the walls, things displayed on windowsills. "But it's hard because I really *like* nice things. . . . But I'm gettin' better. It isn't easy, but I'm workin' on it.

"That middle-class attachment to *things*—it's really so unhealthy. One of the troubles I have with the women's movement is that I think it's so foolish for us to be demandin' equal rights to participate in the same kinds of contaminated values as men have. We should be workin' to *change* the values. We shouldn't be spendin' so much time examinin' our sexual roles in the society or worryin' about whether we're called Miss or Mrs. or Ms. We should be bandin' together to socialize oil and steel and medicine and education. No woman out there really enjoys the concept of keepin' up with the Joneses, and that's what capitalism is based on. But it's goin' to be hard to move men away from the goal of makin' money, because that's where they get their sense of masculinity. It's goin' to be hard to say, 'Listen, we love other things about you than your money-making prowess', and make them listen."

Courage to think alone

Like her views or not, and whether she is a deep thinker or not, the point is that for MacLaine to think aloud has taken courage. It could have killed her professionally. But the strange thing is that even when she was speaking out loudest, at the height of the antiwar fervor, most people didn't turn her off as they turned off Jane Fonda.

I wondered why.

"For one thing, I've worked inside The Establishment, and always will," MacLaine said. "I don't see myself on the outside, sayin', 'Now I'm gonna tell all you — what's wrong with you.' And another thing is, I don't hate anybody. I didn't even hate Richard Nixon, and I had some *real* problems with that. I

on't want to compare myself with Jane. he's played a different role, and I think hat's necessary in society. But I just on't happen to hate anybody. And it ay also be because I retained my sense humor about myself. Two or three mes a day, I'll look at myself and say, Oh, ––, there she goes again.' "

And she'll keep going, right into her 0's, probably. I sense a longevity about er; so does she. "I've got to see *at least* ew Year's Eve of the year 2000. I'll be d, but not an *old lady*. Kind of bawdy, robably. Gettin' involved in whatever is oin' on, shootin' off my mouth about he little green pills they're makin' us eat ause there isn't any more food.

"What's happenin' now is, I feel the ieces comin' together. I feel that peole understand where I'm comin' from, hich they didn't a few years ago. I was nfusin' them with the shatterin' of imges. You're an actress, you're supposed be cute and not too brainy and make eople laugh. Then, when I started ritin' and talkin' and gettin' active potically, I was disturbin' their comfort. nd a lot of people were sayin', 'Oh, eah, that's it, she wants to be the Shirey Temple of the Left.' But that wasn't at all. I went into politics because I elt I *had* to, not because I wanted to. ecause there was a war goin' on, and errible things happenin' in the world, nd terrible divisiveness here at home, nd Hollywood was ignorin' all that. nd it bugged me. Was I supposed to ist keep on playin' hookers?

"I feel clear. I can get up on that stage ith long legs and zircon dresses and ill be a feminist. They'll buy that, I hink. I can talk about socialism and live this freewheelin' Western world beause I'm an individualist. I'm feelin' the ifferent threads in my life all come toether, and if it's clear to *you* what ou're doin', then it's gonna be clear to thers. I can be a performer and I can e a thinker and I can be a writer and can be a protester. I can even be *rong*, and that would be okay."

"It would?" I asked.

"Yeah." MacLaine cracked open the ist nut and gave me that half-moon ooky-Shirley smile. Kooky as a fox. *Not too often*, but I think it would be kay. I'm workin' on it." **End**

ABRIC

By Lenore Eversole Fisher

irst rain upon my driveway stencils
Polka dots in perfect spheres;
hen faster, come all-over patterns
And every globule disappears;
inally torrential stripes of
Rivulets like silken skeins,
aint a splashing, dashing fabric
Of Springtime's fashionable rains.

CENTENNIAL

continued from page 79

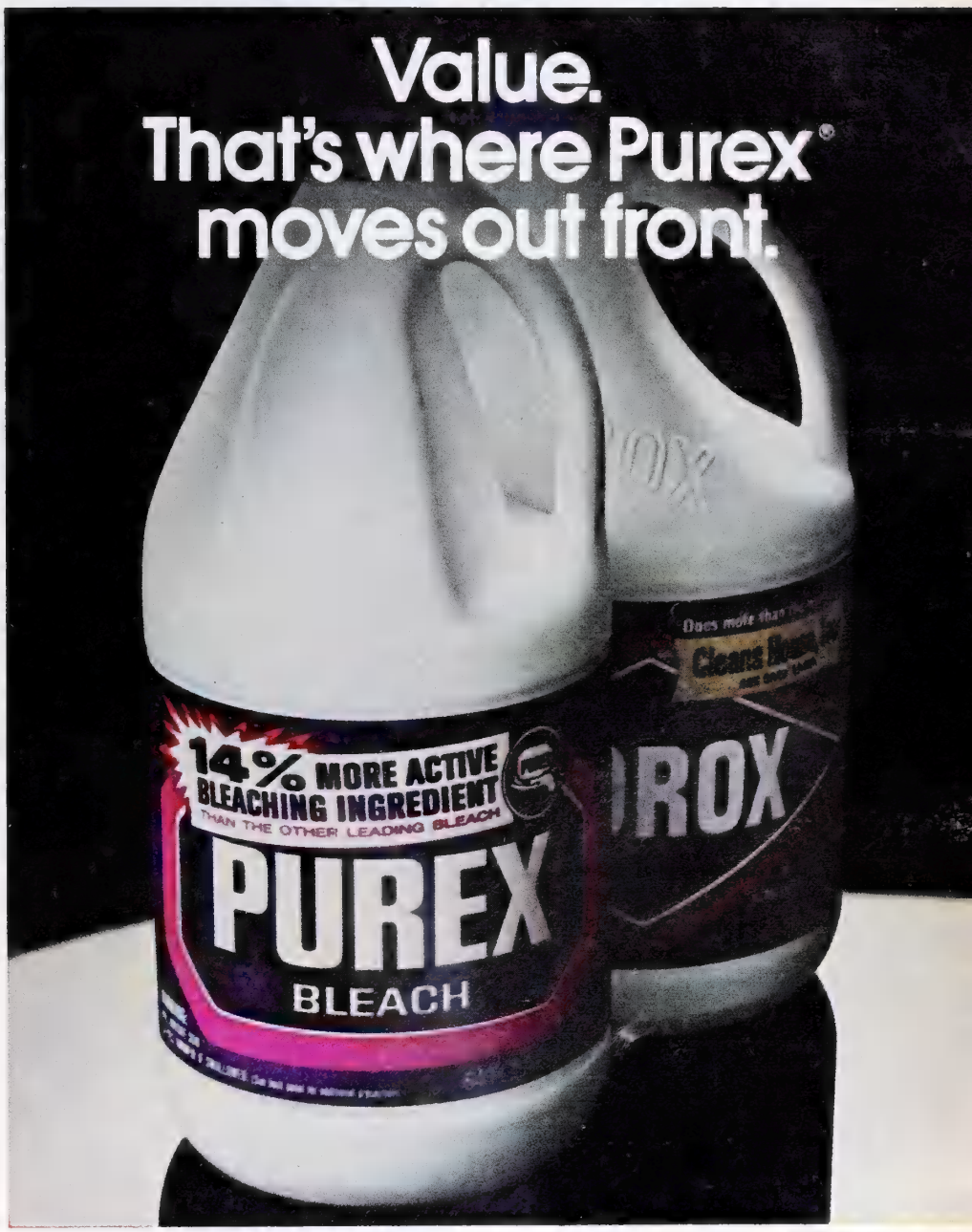
courtesy, then directed her attention to the interior of the train, from which appeared their son, a child with golden hair and a most fair complexion.

When the three were on the platform, with two suitcases, Mervin Wendell turned to a stoutish man and woman who had descended from a different car and were now looking after large cases containing the troupe's costumes. "Watch sharply, Murphy," Wendell said. Wendell kicked each box imperiously, advising Murphy, "Take them to the theater." Wendell then turned his back on his assistant, only to find himself facing Sheriff Dumire, whom he had known unfavorably in Kansas.

"Ah!" Wendell cried, as if delighted. "Sheriff Dumire! Accept from me a pass to tomorrow's entertainment," and from his pocket he produced an ornately embellished card, entitling the bearer to pass free into one performance of the Maude and Mervin Wendell Theatrical Troupe and Thespian Exhibition.

The Wendells proposed to offer their talents to the citizens of Centennial in two resplendent evenings: the first, eleven scenes from Shakespeare, edited somewhat to fit the talents of the troupe; the second, a gala evening of olios, recitations, solos and imitations.

Maude Wendell would be seen in a series of declamations chosen from her greatest theatrical triumphs *(continued)*



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I lost half of myself without taking diet pills.

By Donna Walker — as told to Ruth L. McCarthy

When I was 66 inches around, and 65 inches tall, even my favorite fat lady's store had a problem. I know, because at 278 pounds I wore the largest bloomers they had. And that's the only word for them — bloomers — even though I'm of the generation that usually refers to ladies' panties as briefs.

Fact is, the thought of having nothing to wear made me so panicky, I said to myself: "This is it! You've got to lose weight, Donna." Not that I was unaware of my size before. There were too many embarrassing reminders in my life for me to ignore my weight. For instance, at my fullest figure, I fit so snugly into a tub that the water was dammed up behind me when I pulled the plug out in front of me. And when I stood up in a shower stall, I couldn't even bend over to pick up a bar of soap. I was trapped by my appetite.

As for dresses, I had one — to go to work in. I washed it every night and every day for one whole year because it was the only dress that fit.

I think I ought to mention that chocolate and sweets were my undoing. But ironically, candy is what really helped me lose weight. Ayds® Reducing Plan Candy. I'd read ads about it in magazines and when I learned that Ayds contains vitamins and minerals, but no drugs, I thought maybe, at last, I'd found what I needed. I knew from past experience that diet pills, weekly reducing sessions and even a psychiatrist were not the answer for me. I needed something to help curb my appetite and my eternal craving for sweets.

So, I bought a box of chocolate fudge Ayds at the drug store and started on the plan in the fall. I took one or two Ayds about 15 minutes before each meal with a hot drink and it really helped me cut down on what I ate. And I ate regular meals, nothing special.

Right from the start, I had such a positive feeling about the Ayds plan. I took on a $50 bet from my friend's husband. He'd heard me talk about losing weight for 10 years, but never saw me do anything about it. So he figured it was going to be an easy win. Was he wrong! In the end, he had to pay up, because the weight came off.



When I weighed 278 pounds, my friends called me a Floating Island. See why?



Now I'm 136 pounds, my friends in West Hartford, Conn., hardly recognize me.

Nobody really noticed it until I'd lost more than 50 pounds. You see, I hadn't bought any new clothes, so I was hidden under a lot of baggy pants and sacky tops. Then at Easter, when I'd taken off 78 pounds on the Ayds plan, I turned out in a new lavender pantsuit and everybody was amazed. I was thrilled, and more determined than ever to stick to the Ayds plan.

I guess, though, we never see ourselves as others do. Let me tell you about a remark my nephew made while I was still losing weight. He'd seen me at his sister's wedding, wearing a size 52 beige tent. Months after I'd been on the Ayds plan, I appeared at his wedding in a size 18 dress. He was so shocked, he said: "What were you wearing the last time I saw you — your beige Volkswagen?" Funny, I knew I was fat, but not that fat.

How long did it take me to lose 142 pounds on the Ayds plan? Just about a year, and now I can do things I never could before. For the first time, believe it or not, I can cross my legs — like a lady. I can also see all of me in a mirror. And I can even climb up a pool ladder without fear of breaking it.

On the serious side, my teenage nieces and nephews are now proud to introduce me as their aunt. In fact, everybody is a lot happier with me, now that I'm only 37½ inches around. Which makes me forever grateful for the Ayds plan.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'5"	5'5"
Weight	278 lbs.	136 lbs.
Bust	49"	35¾"
Waist	45"	27"
Hips	66"	37½"
Dress	52	12

here and in Europe. But the two highlights of the evening were reserved for Mervin Wendell. At the end of the first half, "Mr. Wendell, alone on the stage and accompanied by no one, will imitate a Union Pacific freight train leaving Centennial and delivering its cargo at Denver. You will hear the slipping of the drivers, the snorting of the locomotive going through a tunnel, the whistle, the application of brakes and the safe arrival, after which the entire company will pose in a moving tableau."

The closing of the second half promised to be even better, for then "Mervin Wendell, accompanied by his son Philip on the triple drum, will represent the Battle of Fredericksburg, with the pickets firing, the attack of the northern troops, the rattle of southern musketry, the roar of cannon from both sides, the bursting shells, and with the participation of the entire company, bugle calls and the triumphant charge to victory."

The entire company consisted of the three Wendells, the two Murphys and a young man of angelic beauty named Chisholm. "I've seen Chisholm before," Sheriff Dumire warned his deputies. "Keep him away from cowboys, and especially sheepherders."

Axel Dumire appreciated Shakespeare and intended seeing the first night's performance, on the grounds that not even Mervin Wendell could damage the Bard much. "He's very good as the gravedigger addressing Yorick," Dumire admitted, "but watch him. I don't think he has a penny, and whenever he finds himself in that condition he'll try anything."

Discreet inquiries at the Railway Arms Hotel revealed that the proprietor had wanted the troupe to pay in full in advance, and that Wendell had proposed compromising the bill, paying half when they registered, and half when receipts from the two engagements were in. The hotel man said he would be at the box office the first night and collect the balance, a procedure he had found advisable in such circumstances.

On the first night the crowd was not large. The take for that evening was just enough to cover the hotel manager's lien, but Wendell was far from downcast. "A splendid performance," he assured his troupe.

On the second night the hall was packed and the handclapping enthusiastic. "Really," Wendell cried, "I've rarely played before a more enthusiastic audience. Wasn't it superb, Maude?"

Mrs. Wendell was now forty-two, and for the past nine years had been moving from one small town to another, keeping her fragile family intact, nodding when Mervin, two years her junior, glowed over trivial triumphs, and wondering what they might try next. Once they had been leading actor and actress for the good companies—and for a brief time had enjoyed rural triumphs in the Black Hills of Dakota. But in recent years they had barely stayed alive; a dozen times their trunks had been impounded, and now the sheriff had handed her, as the responsible member of the troupe, a telegram.

SHERIFF
CENTENNIAL COLORADO
ATTACH FOR NUMEROUS UNPAID BILLS ALL EQUIPMENT BELONGING MAUDE AND MERVIN WENDELL TROUPE PLAYING YOUR CITY
SHERIFF ED BANCROFT
GRAND RIVER NEBRASKA

"This ends the tour," she told her husband as she showed him the telegram.

"How tactless!" he cried in feigned moral protest. "To present this in the middle of a performance."

"Mervin," she said, "face it. They have us backed against the wall."

"Darling," he whispered, trying to reassure her. When he spoke this word he meant it in its real sense, for Maude Wendell was his life. In those rare moments when he looked at himself as he really was, he was forced to admit that he had always been a man of limited talent. Oh, he could imitate trains and he was rather good at bird calls. But when he tried to act Shakespeare, he was barely acceptable.

And yet Maude De Lisle *(continued)*



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had married him when she could have chosen others. She had carried him with her in the years when she enjoyed triumphs and had stayed with him when their life deteriorated to drab hotels. He treasured this loyalty, and if on the one hand he was a rather pathetic actor, he was on the other a faithful husband who adored his wife and let her know it.

"What's the trouble?" Murphy now asked, always alert to the probability of disaster. Over Mervin's protest, Maude thrust the telegram at the Irishman.

"Inform Chisholm," Maude said.

"Wait!" Mervin pleaded, but the decision had been made. This troupe had absorbed too many reverses. The bond required to hold the members together had been too eroded by sheriffs and hotel managers and railway conductors.

Now Maude announced: "This, dear friends, is truly our closing night. I don't know what you are going to do, but we are going to settle in this town, and"—she looked knowingly at her husband—"I feel sure something will turn up."

Among those who heard this declaration was young Philip Wendell. He had been standing in shadows, as he often did when he sensed that older people were in trouble, and he had heard the whole conversation. He could guess what the telegram said, and he had a sure understanding of what it meant. He was precocious and knew that this time his mother intended what she said. This was the end of the tour.

And then he saw, with deep pride, his father rally his forces. "Come now!" the actor cried. "If it is the last, let's make it the best. Play as if the kings were out there." It was so like his father to say *kings*. One would not be enough.

Sheriff Dumire was as gentle as possible, but he was also firm. No, the Wendells could have nothing, absolutely nothing, not their costumes, nor their drums. He surmised that in a dozen states they had defrauded merchants, and the citizens of Colorado required protection. The tour was indeed ended.

So after the performance, the six actors sat in the darkened theater, discussing what they would do next. Young Chisholm looked forward to a bright future; he was only twenty-two and could trade on his looks for years, and in the morning would be off to Denver. The Murphys had always been able to find some traveling company that needed a good Irish comedian with a wife who could double on trumpet. They thought they'd head back to Chicago.

The Wendells would stay in Centennial. "But what can we do?" Mervin pleaded. Since the age of twelve the stage had been his home, and he knew nothing else.

Before she could respond, unexpected help arrived, in the form of a man they had not seen before. He came hesitantly through the back door of the theater, a place to which he was not accustomed, and made his way tentatively to where the family sat. Since the stage was dark, the Wendells could not see his clerical collar or the Bible he carried.

"I wonder if I could help," he asked gently, and at these words Mrs. Wendell's shoulders slumped and she said, "We need a great deal of help."

"I know," he said. "The hotel has taken possession of your things."

"They can't do that!" Mervin cried. "I paid in advance."

"For the room," Maude said with much tiredness. "We ate like pigs."

"Excuse me," the man said, "my name's Holly. Reverend Holly from the Union Church. Tonight you'll sleep at our place."

"Why are you doing this?" Maude asked..

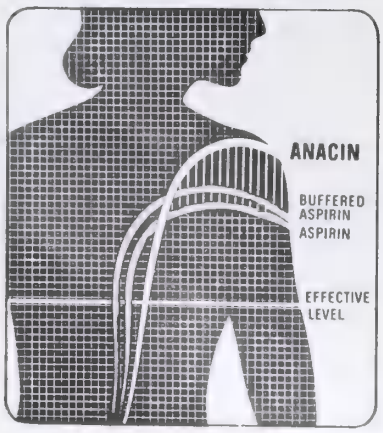
"This town was deeply moved by the deaths of a troupe of circus performers last year. We were reminded that actors and jugglers and clowns. . . ." Sensing that he had used an infelicitous grouping, he stopped. "We would like to help."

He boarded them for three days, then found them a permanent place, a furnished house owned by Mr. Gribben, a member of his congregation.

"How will we pay the rent?" Maude asked.

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"For two months there will be no ent. After that you'll have the money, or the railway station needs a part-time an to handle baggage, and the job is ours, Mr. Wendell."

So the Wendells deserted a theater which had long ago deserted them and ratefully moved into the Gribben place n First and Fifth. That Sunday evening, t the informal worship services Rever- nd Holly enjoyed conducting, the three Vendells secured for themselves a place n the affections of Centennial.

It was the custom, at these night ser- ices, for musical members of the congre- ation to offer solos and duets. Hymns ere preferred, but Mervin suggested to ne pastor that he and Maude, assisted y their son, offer the group a moving ong with which the family had had ome success when worshiping in states ke Ohio and Indiana. Mervin consulted riefly with the pianist. Yes indeed, she new the proposed song. It was, in fact, ne of her favorites.

So she struck those deep, rich chords which signal the opening of Septimus Winner's outstanding triumph, "Whis- ering Hope." It was a song predestined or Maude and Mervin Wendell, and ney knew how to exploit it. In a clear, weet treble Philip lined out the lush ords:

> "Soft as the Voice of an Angel,
> Breathing a Lesson unheard,
> Hope with a gentle Persuasion,
> Whispers her comforting Word;
> Wait till the Darkness is over,
> Wait till the Tempest is done,
> Hope for the Sunshine Tomorrow,
> After the Shower is gone."

As the child sang the melody, his moth- r, in a strong contralto, sang a close armony which moved alternately above nd below the note her son was singing, miting occasionally on a single note to roduce an effect of such delicious acci- entals that the audience sighed.

Now came the good part, the chorus. Mervin broke in with a deep, rumbling aritone, singing three and four words while they sang one. He produced such powerful effect that when the chorus nded, the audience started to applaud, ven though it was in church.

Henceforth, on any occasion when he citizenry gathered, they were asked o sing, and "Whispering Hope" was ound to be called for. How stable, how trongly bound they seemed when united n this song, their voices separate yet lending. "They're a lesson to us all," Reverend Holly said many times.

One member of the audience was not mpressed. Sheriff Dumire kept close watch on the Wendells and asked him- elf, What are they using for money? They were dressing well, eating regu- arly and moving from one party to the next. On Sunday mornings when the collection plate was passed, Mervin made a show of dropping a heavy coin. Something was wrong.

So Dumire casually dropped by the railroad station to ascertain what salary Mervin was making, and the agent told him, "We only had a half-time job for him. Gets four dollars a week. He said something about a second job." Dumire watched Mervin even more closely and satisfied himself that he had no second job. "He can't be living on four dollars a week. Not the way they eat."

His suspicions intensified, but his free- dom to investigate became hampered by a development he could not have fore- seen. Since it was summer, young Philip had no school to attend, and with the sheriff's office only three blocks from his home, he had fallen into the habit of spending time there, sitting quietly on the porch, watching carefully as the sheriff came and went. One day Dumire, eager to know what the family was up to, invited the boy into the dark-paneled office, but as Philip sat there, clearly overcome by hero worship, the sheriff was reluctant to question him.

"I like men who have jobs," the boy said as his eyes followed the sheriff.

"Your father has a job."

"Not a real one like yours."

Such admiration pleased Dumire, and on his duty walks through the town he began to look for the boy. It was obvious to him that Philip was striving to do all the things he had been deprived of dur- ing his years of traveling *(continued)*



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CENTENNIAL
continued

with the theater; one evening the sheriff watched him in the empty lot across from the Gribben house, and the boy was throwing stones with commendable accuracy. "Good shot," he called. "Where's your father?"

"He's visiting with the Wilsons. They give him sandwiches."

During another inspection tour Dumire saw the boy swimming in the creek, diving deep without fear. "You're not afraid to stay under, I see," he called. "By the way, where's your mother?"

"At the church."

He began to look forward to the boy's visits to his office, and was pleased when Philip told him, "You're the bravest man I ever met."

One morning the boy was perched beside Dumire's desk, watching him file papers, when the station agent ran in with a telegram from Julesburg. Dumire read it, frowned, then tossed it professionally to Philip, as if he were a deputy:

BOARD UNION PACIFIC 817 AND ARREST CHARLES KENDERDINE ALIAS HARVARD JOE ARMED AND DANGEROUS SHERIFF BAGLEY

Dumire permitted the boy to follow him down Prairie as he headed for the station, and although the sheriff was not tall, he carried himself with such authority that he imprinted upon Philip's mind an image of how a man ought to look: clean, hard, devoid of frills.

Number 817 pulled into the station; Dumire climbed aboard. Philip could see him, hands over his guns, arguing with a seated man, and in a moment Harvard Joe, much taller than Dumire, came dutifully down the steps, allowing himself to be guided through the main streets to the jail.

Philip waited for the sheriff in his office, and when he returned, the boy said with beaming affection, "You can handle those guns."

"It wasn't the guns," Dumire said. "It's knowin' what to say so you don't need them."

At this moment a man Philip knew as his landlord, Mr. Gribben, entered the office and asked, "Sheriff, can I speak with you for a moment?"

"Certainly," Dumire said.

"Alone?"

Dumire indicated that Philip must go, and he did, pausing to stare curiously at Gribben as he left.

"I want to speak with you, Axel. On an ugly business."

"Business often gets ugly."

"I want to warn you about somethin', but I must first state that under no circumstances will I press charges."

"Just information?" Dumire asked.

"That's right."

"Because the facts would prove you a fool?"

"They would indeed. Sheriff, the Wendells are workin' the badger game."

This was the clue Dumire had been waiting for. If they were running a badger game, everything became clear. "Tell me about it."

"I'm speakin' of my own case," Gribben said. "And two or three others I've watched."

"You met her at one of the socials," Dumire suggested. "She thanked you for letting them use your house. Brushed against you. And in your hearing Mr. Wendell said he had to catch the night train to Denver?"

"How did you know?"

"There's only one way to work the badger game. The wife gets the target steamed up, the husband says he's got to leave town, and some way or another she lets you know you can take her home, and just when you got your pants off and hers down, in storms the outraged husband with a revolver. How much did they blackmail you for?"

"The house."

"The what!"

"The house. Reverend Holly had pleaded with me that since it was vacant and since they were a Christian family, it was my duty. You know that Holly. Well, now it's theirs. It was either the house or a scandal, and my wife. . . ."

"You gave them the house?"

"Yes. I switched the title to their name. For one dollar and other considerations. Miserable son-of-a-bitch ac-

ually handed me the dollar in front of witnesses. So now it's heirs."

"What do you want me to do? Arrest them?"

"God, no!" Gribben cried. "My daughter's getting married. She wants them to sing at her wedding."

"What do you want me to do?"

"Watch them. Catch them. And run them out of town."

Dumire considered this for some time, then asked, "Was Mrs. Wendell in this, too? I mean . . . of course she was the bait, but was she a real partner?"

"Her? Hell, her old man was so wobbly with that gun that I could of settled with him for fifty bucks. It was her that brought up the house, conducted all the negotiations. She's the brains." He reflected on this, then added hesitantly, "Did you see how their kid stared at me when I came in? I wouldn't be surprised if he was in on it, too."

He was. But not in the way Mr. Gribben suspected. He had been asleep that night, but he had heard a strange voice, like the others he had heard on previous nights, and he had peeked through a small opening in the door and had watched as his mother unbuttoned Mr. Gribben's pants and allowed him to unbutton her blouse, and he could pretty well guess what was going to happen next, except that at the critical moment his father rushed into the room, waving a pistol and making a fiery statement about honor. There was a long argument, with Mr. Gribben trying to get his pants back on and getting them stuck on one leg, and there was a discussion about a house, perhaps the one they were living in, and when Mr. Gribben left, cursing at them, his father said in a hoarse voice, "We can't do this any more, Maude. It's too dangerous," but his mother did a little dance around the room, touching the walls and crying, "This kind of house I've always wanted."

It could have been damaging for a child of ten to absorb what Philip had seen. His mother's amorous play with Mr. Gribben could have been fearfully disturbing, and his father's exhibition with the gun might have distressed the boy, but to him, what happened was merely an extension of the plays the family had performed. This was confirmed when he saw the pistol his father brandished: it came from the theatrical company and had a trigger which made a click, but no hammer. And the words his father had said when he burst into the room were not real words. Philip knew them well, and could have recited them, for they came from a play the family had done in Minnesota.

Philip lay awake that night, comparing his father with Sheriff Dumire, and he decided that he preferred men who carried real revolvers and who did not shout about using them, but did use them if they had to. He also liked men who spoke in their own words.

After Gribben's visit the sheriff became even more friendly with Philip and showed a deeper interest in his family. Dumire particularly wanted to know if his parents ever had guests, men coming there for dinner, or such like.

And at this point young Philip held back. He knew that Mr. Gribben and other men had come to the house, but he suspected that this was a family secret and none of Sheriff Dumire's business. So when these questions were asked, he acted dumb.

"I don't know," Philip said. "Mr. Holly, the minister, came over the other day. He wants us to sing at the wedding of Mr. Gribben's daughter. He said Mrs. Gribben wanted it very much, and there would be five dollars for us."

Dumire attended the wedding, and he listened while the three Wendells sang and women wept. He was not able to remain for refreshments because an urgent message arrived calling him to Greeley, and he was therefore not present when a Mr. Soren Sorenson, in town for a couple of days and staying at the hotel, happened to pass the hall where the wedding reception was being held. Hearing the music, he wandered in, carrying his black bag, and he *(continued)*

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found himself standing beside Mrs. Wendell, a remarkably handsome woman, who offered him several glasses of punch and who expressed obvious disappointment when her tall and attractive husband informed her: "Dash it! I've got to catch the night train to Denver. Those damned bankers."

Philip was standing at the window of his bedroom when he heard his mother and Mr. Sorenson coming up First Street, chatting gaily, and when they entered the house he would have moved to the chink in the door to watch what unfolded, except that when the pair closed the front door behind them, Philip saw his father slip very quietly onto the porch, holding the stage revolver.

Philip heard Mr. Sorenson's heavy breathing and saw what his mother was doing to encourage him to undress her. He wondered what signal she would use to alert his father, then noted that during the heat of the wrestling she found an opportunity to brush her white arm against the window curtain, and Philip knew that soon his father would burst in with the stage pistol and start reciting his lines.

But on this night something went wrong. As Philip's father rushed into the room, the visitor showed no fright, didn't even bother to pull up his pants. Instead, he said, "What is this? The old badger game?"

Philip knew that now his father must begin to recite his lines, but when he tried, the visitor brushed him away. "Put that toy down and let me out of here," he said contemptuously, reaching for his black bag, and Philip saw that his father was most eager to obey, except that his mother cried, "Don't let him get away!" and there was a scuffle during which Mervin dropped the gun and the visitor would have escaped—except that Maude grabbed the fake pistol and clubbed him over the head, knocking him to the floor, where she clubbed him again and again.

The man lay very still, and Philip's father knelt, saying in an awful voice, "My God, Maude! You've killed him."

She had. The two Wendells, with their son watching impassively behind the door, argued for several terrifying minutes as to what they might do, and Mervin was all for calling the sheriff and charging the dead with having. . . .

"Stop it!" Maude snapped. "Dumire'd know in a minute. We must hide the body. Get rid of it. No one knows he was in town."

So Philip watched with detached interest as they pulled the man's pants back on. He saw his mother help swing the limp body onto her husband's back, and then he went to the window to watch his father stagger across the field with it. Mervin Wendell was gone a long time, during which Philip watched his mother tidy up the place, removing any signs of struggle. She was as methodical as if she were preparing for a party, and when her husband returned she asked him matter-of-factly, "What did you do with it?" and he said, "Threw it down the well," and she cried, "Jesus Christ! That's the first place Dumire'll look," and they stared at each other in horror.

It was in that moment that Philip first saw his good friend Dumire as a potential enemy of his family, and he knew intuitively that only he, Philip, could protect his parents from the sheriff's investigations. It was much like the play *The Bugler Boy of Bruges*, in which he had been the instrument of his family's salvation, and now as he listened to the real tragedy in the other room, he knew that his mother was right. If the body were left in the well, Dumire would find it. But he knew a safer place, one which not even Dumire could ever discover. It was exactly like that scene with the bugler boy, when his father was going to hide the king's money in a trunk which the evil counselor would be sure to spot. It was Philip, that is, the bugler boy, who thought of the windmill.

So he left his hiding place and entered the room and automatically recited his line from that play, "Father, I know where you should hide it."

His parents turned to look at him, a ten-year-old boy with ringlets, and they were so involved in their own drama

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that they saw nothing ridiculous in accepting advice from him.

"I know where you must hide it," he repeated, and his slight change in words, warning them what they must do, moved them to action. Mervin said, "Let's go," but Philip said, "No. Just Mother and me." He knew that in this crisis his father could not be trusted.

"I know where to put him," he repeated calmly as he and his mother got a rope and went to the well. "They'll never find him."

At the well they hauled up the bucket, which showed dry, as Philip had expected. He climbed into it and allowed his mother to lower him, while he held on to the end of the extra rope. He felt the bucket strike a soft body, then slide off to gravel. Climbing down, he tied the rope tightly around the dead man's chest and under the arms. Then he sat the corpse upright, so that when the rope was pulled from above, it would not slide down and off the legs.

Signaling his mother, he climbed into the bucket and waited for her to haul him aloft. When he joined her, together they hauled the body up. When it lay beside their feet, Philip said, "We must carry him to the creek," and his mother cried in near-despair, "Dumire will look there!" and Philip assured her, "Not where I'm going."

As they lugged the heavy body Philip warned his mother, "Don't let it drag! Dumire will see the marks. He sees everything."

When they had maneuvered the corpse to the point where Beaver Creek takes its big bend to the east, Philip undressed. Standing naked beside his mother, he told her, "Now we must get him into the creek," and he jumped into the water, making a soft splash.

His mother found it difficult to manipulate the dead weight, but her son directed from the stream, "Push him, Mother. Closer, so I can grab his leg."

Mother and son worked on the heavy burden and finally got it into the stream. "You'll never be able to handle it," Maude Wendell whispered in her first sign of panic, but her son reassured her with the kind of knowledge boys acquire: "Things weigh less in water." And she watched in mute anxiety as her golden-haired son slowly dragged the corpse beneath the surface.

He swam down to that opening in the limestone bank which a little beaver had discovered sixty thousand years ago, to the mouth of a mysterious cave in which her babies had romped. It remained as she had left it, a secret place which only beavers had known until this exploring child, swimming alone, had found it.

Guided by some instinct of self-preservation, as if he had perceived even then that one day this *(continued)*



secret cave might be of value to him, he had told no one of its existence, not even Sheriff Dumire. Now he held his breath as he brought the dead body to the entrance.

Fighting against his lack of oxygen, he used all his power to force the corpse into the cave, but failed. He had to surface for air, and as he did so he heard his mother ask desperately, "Did you hide it?" Before he could reply, his mother screamed, for the corpse, its lungs still filled with air, had floated up behind him. The dead man's face stared accusingly from the water.

"I need more breath," Philip said, grabbing the body as it floated away.

He dived again, dragging the buoyant body behind him, and by conserving his energy, he reached the entrance to the cave in good condition. Working with speed and precise knowledge of what he wanted to accomplish, he forced the body through the opening and found with satisfaction that it fitted in the cave nicely, and was so protected by the lip that it could never work itself free.

With bursting lungs he returned to to the surface, and this time his mother saw with relief that no face followed in the waters.

"He's hidden forever," Philip announced, breathing deeply. His mother reached down to help pull him from the stream. Grasping her hands, he drew himself onto the bank and dressed, kicking bits of dirt over the area where the corpse had lain. "If it rains before Dumire starts searching," he told her, "everything will be washed clean."

When they reached the house they found Mervin sitting in the room where the murder had been committed, Mr. Sorenson's black bag on his lap and a happy grin on his face.

"Guess what?" he cried maniacally as they entered the room. "Look at this bag!" And from it he allowed many five- and ten-dollar bills to filter through his fingers to the floor. "I've counted to three thousand, and there's more."

The bag contained $5,500, the small fortune that Sorenson had brought to Colorado for the purchase of irrigated land. Now it belonged to the Wendells.

"What we must do," Maude said quickly, grasping the situation, "is keep this hidden. We mustn't spend even one dollar of it." Philip was awed by his mother's cool thinking, for when Mervin argued, "It can't be marked," she countered, "Probably not. But if we start spending lavishly, Dumire will suspect."

And Philip listened with admiration as his mother spelled out the strategy her endangered family must follow. "Mervin, see if you can gradually get more work at the railway station. I'll pass the word that I could take in a little washing. Philip, you must earn us some money by finding yards to tend."

Mervin asked whiningly, "Why don't we just leave this town? Find some safe place in South Dakota?"

"No!" his wife said. "I will run no more. We have a very good thing in this town, and I intend to protect it."

It was not till dawn that Mervin finally asked, "At least tell me what you did with the body." But Maude and Philip shook their heads. "It's best that we tell no one," Maude said.

Luck continued to smile on the Wendells, for a night rain fell, just enough to smooth away marks and wash down the sides of the well. It was at least a week before anyone noticed the absence of Soren Sorenson. He had left luggage at the hotel, it is true, but he had warned the desk man that he might be absent for some days, looking for land.

But after several weeks an inquiry arrived from the Minnesota police, and Axel Dumire launched a formal investigation. The hotel staff remembered Sorenson. He carried a small black bag which he liked to keep near him.

This suggested to Dumire that the man might have brought a substantial amount of cash, and a telegram to the bank in Sorenson's hometown established that he had withdrawn $5,500.

As bits of evidence began to coalesce, Sheriff Dumire wondered if Sorenson had met the Wendells.

He watched the family carefully, and could detect no sign of misbehavior. Mervin was now working full time at the station, and Maude was doing laundry and a little sewing for local ladies. Even Philip was working at odd jobs, but he still found time to stop by the sheriff's office. "Your father unload any baggage for a Swede?" Dumire asked the boy one day.

"Maybe. He unloads a lot of stuff."

"He ever mention any Swedes?"

"No."

Despite all his questioning, Dumire could in no way establish that Sorenson had ever been acquainted with the Wendells. Accordingly, he telegraphed Minnesota that all leads in the Centennial area had proved futile and that Soren Sorenson had probably headed east for Sterling. In reply he received the startling news that Mrs. Sorenson had received a letter from her husband, postmarked Centennial, informing her that he was convinced Centennial was where they ought to settle and he would remain till he found something.

Dumire doubled his efforts, and the thought came to him that perhaps Sorenson had gone out on the prairies and had met with someone like Calendar, a renegade type who was already suspected of having gunned *(continued)*



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CENTENNIAL
continued

down the two Pettis boys. He rode out to see Calendar, but he could tell him nothing.

While he was there, Dumire saw Calendar's blond-haired son of about eleven in the sheep wagon. The boy looked mature beyond his years.

As Dumire rode back to Centennial, the image of that boy lingered in his mind, and he thought of Philip, also mature beyond his years, and he began again to concentrate on Philip and something the child had said about tending yards led Dumire to a hasty calculation of the money the Wendells were earning. Mervin Wendell had started to work full time shortly after Soren Sorenson disappeared. Maude had begun asking for work at the same time. And young Philip had started doing odd jobs.

"It's a scheme!" he cried. "As sure as I'm alive, it's a dirty scheme. That family got hold of the fifty-five hundred dollars, somehow, and they've taken jobs to provide a way to ease the bills into circulation without causing comment."

He made meticulous inquiries at all stores, but found to his disappointment that the Wendells had not accelerated their expenditures. Their joint wages more than justified their purchases. He discovered nothing, but he did succeed in alerting Maude Wendell as to his suspicions, for when she went to the butcher to buy liver, one of the cheaper meats, he said, "You wouldn't like some fine beef?" and she replied, "That's a little expensive for us," and he said, "That's what I told Sheriff Dumire."

She did not change expression, but she did say, "He can afford the higher cuts," and the butcher agreed: "He gets a good salary. And he likes his beef."

When she got home she said nothing to her husband, for if he learned that Dumire was interrogating people he might panic and do or say something stupid, but when Philip returned after weeding and running errands she took him for a quiet walk and warned him, "Sheriff Dumire suspects us," and he said, "I know. He's been asking me all sorts of strange questions, but I tell him nothing," and she said, "You ought to stop seeing him," and he told her, "That would make him more suspicious."

So he continued visiting the sheriff. One day he said, "Do you notice how I've changed?" and Dumire studied the child, then slammed one hand onto his desk and cried, "You got your hair cut."

"I wanted it short, like yours," Philip said. And the more he was with Dumire, the more he respected him. The sheriff was not the kind of man to get mixed up in badger games, neither as perpetrator nor victim, and if he were by accident involved, he would not panic.

But much as he respected Dumire, he saw that the sheriff was playing a game, yet somehow it was not a game. His parents were participating in another play, but it was not a play. Real, terrible things were happening, and he knew that he was at the vortex. Ugly things had taken place, perhaps the ugliest, and only he could keep them in balance. He was no longer a child, nor a play-acting girl, nor a sissy with long hair. He was responsible for his family, and never, never would he reveal even the slightest clue that might endanger it.

The conflict in which he was embroiled—abiding respect for Dumire and the necessity to protect his parents—became almost unbearable. An adult would have been excused had he crumbled under such pressures; Philip was able to maintain his balance solely because of his childish ignorance of possible consequences.

So now he and the sheriff began to joust with each other on a much more serious level. The sheriff was convinced that this boy knew what had happened to Soren Sorenson, and the boy knew that Dumire must be kept from penetrating that secret.

The first break for Dumire came when a chambermaid at the hotel, who had already been questioned four times, told the sheriff, "Now stop suggestin' that I stole that black bag. Mr. Sorenson had it when he stopped by the wedding."

"He what?"

"You were there. I seen you. He looked in, just the way you did. He wasn't invited, but the door was open and he heard the Wendells singin' that beautiful song. . . ."

Quietly Dumire asked the maid to go over what she had said, and he satisfied himself that on the night of the Gribben wedding, Mr. Sorenson must have somehow got involved with the Wendells.

That was all he needed. He was certain that Sorenson must have struck up a conversation with Mrs. Wendell, had "accidentally" overheard that her husband had to leave on the night train to Denver and had fallen prey to their scheme. Somehow it had gone awry and Sorenson had been murdered.

For two weeks he kept this deduction to himself, praying that he might find someone who had seen Sorenson leave the wedding party with Mrs. Wendell, but there were no such witnesses.

No one had seen them. He walked the distance a score of times, trying to picture where the two had moved, and how. He then tried walking along the railway tracks and north on First Street, but he knew Mrs. Wendell would never have taken Sorenson along the deserted bottoms, for he would have become suspicious. No, damn it, she had led him boldly along the main streets, and no one had noticed them. It was incredible.

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So he resumed working on the boy, using the most roundabout and clever lines of questioning, never suspecting that Philip was anticipating every move, and then late one day as he was asking the boy about some trivial thing, Philip looked at him in the inquisitive way he had looked at Mr. Gribben that morning. What was it Gribben had said: "Did you see how their kid stared at me?" With Dumire's recollection of these words, everything became clear.

Slowly he rose from his desk and pointed his right forefinger at Philip. "You know!" he said in a low voice. "You know all about it. You've known from the start. You knew about Mr. Gribben."

Philip merely stared at him. Neither the twitch of an eye nor an increased rate of breathing betrayed any inner turmoil. He looked up at the sheriff with innocent blue eyes and asked, "What are you talking about?"

For a moment the sheriff was disarmed. Then he began to shout. "You know what I'm talking about, goddammit! You were there and you saw it all."

Philip did not change expression. Sitting demurely, with his hands in his lap, he repeated his question: "Mr. Dumire, what are you talking about?"

"Murder!"

At this word Philip looked aghast. Tilting his head up so that he could see better the frenzied man towering above him, he asked, "Murdered Mr. Gribben? I saw him this morning."

"You little bastard!" Dumire had not introduced the name Sorenson, hoping to trap the boy into using it, but Philip had been too clever for that. Mr. Sorenson did not exist until Sheriff Dumire said he existed.

"Get out of here," Dumire said.

"But I did see him," Philip insisted as he rose.

"Did you see Mr. Sorenson?" Dumire shouted.

"Who is he?" Philip asked with blank innocence.

"Get out," the sheriff said, kicking open the door.

Early next morning he rode over to Greeley to consult with Judge Leverton, who became furious when he learned the nature of Dumire's visit. "How dare you come to me with shabby details of a case you can't prove? And take me into your confidence on something that could later come before me judicially? I ought to throw you in jail."

Dumire ignored the rebuke.

"Just one question. Will you give me a search warrant?"

"On such evidence? I'd be impeached."

"Judge Leverton, I know they have the money."

"On what possible evidence?"

"Because it's the only logical solution."

"Get out of here! Before I have you arrested."

On the ride back to Centennial the rebuked sheriff started once more to review the facts; something Judge Leverton had said came into his mind: "Hell, Dumire, without a corpus delicti you have no right to even suggest murder."

That was the fundamental problem. Find the corpse, then prove the guilt. But where could it have been hidden?

He now directed his whole attention to the territory around the Wendell house. If they killed him in there, how did they dispose of him?

One morning as Maude Wendell left home to deliver a basket of laundry, she noted with concern that a man was loitering in the empty field opposite their house, and when she looked closer she saw it was Sheriff Dumire, pacing off distances and moving ever closer to the old well.

When he saw her leave the house he nodded, and she returned the gesture, then walked down First Street as if Dumire were not there. Do not look back! she told herself firmly, but when she returned at noon she found her husband in the front room, peeking through the curtain and trembling. "Look!" he told her in frightened whispers, *(continued)*

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CENTENNIAL
continued

and he pointed to where Dumire and two assistants were carrying a long ladder to the well.

Mervin stayed at the window, calling out to his wife the progress being made by the sheriff. "My God!" he shouted. "Dumire's climbing down the well."

At this tense moment Philip banged his way through the back door, asking, "What do we have for lunch?" When his mother did not answer, he came into the front room. Seeing them transfixed at the window, he pushed his way in beside his father, just in time to see Sheriff Dumire's head disappear down the well.

Breaking into a laugh, he assured his father, "He won't find anything."

"How can you say that?" Mervin cried, reaching for his wife's hand.

"Because I know," his son said.

His parents could not tear themselves from the window, and soon they saw Dumire climb out of the well and indicate by a shrug of his shoulders that nothing unusual had been deposited there. Mrs. Wendell sighed and missed what happened next at the well, for her attention was diverted to the room behind her, where a loud clump indicated that Mervin Wendell had fainted.

But Sheriff Dumire had found something, a shred of cloth, and he bore this triumphantly to the Railway Arms, where he showed it to the maids, hoping to establish that it had come from some article of clothing Sorenson had worn, but in this attempt he failed. The cloth had been ripped from the shirt young Philip Wendell was wearing when h descended in the bucket, and althou Dumire had the evidence firmly in h possession, he would never be able trace it to Philip's shirt, for after the b had trailed the sheriff to the hotel a discovered from a porter the nature Dumire's questioning, he understood once what the sheriff was trying to e tablish, and he scampered home, fou his torn shirt and burned it.

The next day Philip experienced h one moment of terror. He had been pla ing east of town with some boys, and they returned home they noticed a co motion on the little bridge over Beav Creek. "The whole town's there!" o of the boys shouted, and they ran to s what was happening.

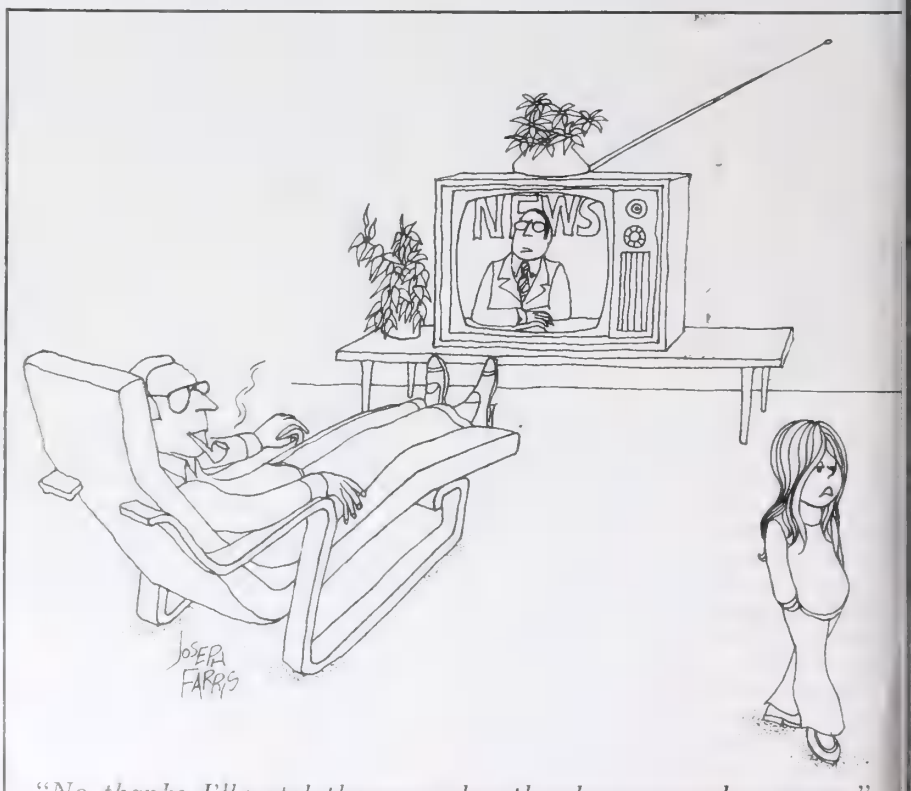
"Sheriff Dumire's up to something a woman cried. "I think he's found t missing Swede."

And Philip saw with dismay that t small creek was filled with boats carryi men who were dragging the bottom wi grapples. In the lead boat stood Sher Dumire, calling orders, and as Phili watched in horrified fascination, t boats passed close to the spot where t entrance to the underwater cave lay.

"See if the body could be caught u der the edges," Dumire directed, a long wooden probes poked unsucces fully along the bank.

"Try down here," Dumire called, a as his boat drifted downstream he ha pened to look up at the bridge, whe an ashen-faced boy stood with his tren bling chin pressed against the railing.

(continued



"No, thanks. I'll watch the news when they have an anchorwoman."

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CENTENNIAL
continued

"Hello, Philip," the sheriff called.

"What are you looking for?" the boy shouted.

"Things," Dumire replied, and his boat drifted safely past the telltale cave. For a moment the boy feared he might faint, but then a woman at his elbow shouted, "You ain't findin' much, are you, Sheriff?" And the boats disappeared beneath the bridge.

With that crucial day behind him, Philip could direct all his acting skill toward getting back into the good graces of the sheriff, and so persuasive was he in flattering Dumire that within a few days he was once more running blithely in and out of the office. In the late afternoons he would listen with open admiration as the sheriff explained what had been happening in town that day. "You have so many different things to take care of," the boy said admiringly. Once he asked Dumire if he had any children of his own, and the sheriff said, "One." He obviously did not care for any further questions on that subject, and Philip said, "I wish I was your son."

Dumire did not acknowledge the compliment, but inwardly he felt gratified that this boy liked both him and his job. There had been those who didn't. Back in Kansas his wife had asked in a complaining voice, "What difference does it make if one man gets away?" And he had replied, "All the difference, if you're the sheriff." Six days later, when he rode back into town leading the handcuffed killer, he discovered that his wife and son had left; he had not seen them since.

With sudden tenderness he asked, "What are you gonna be when you grow up, Philip?"

"A sheriff," Philip said promptly.

"Why?"

"A sheriff has to be brave and think about things."

"That's right," Dumire said encouragingly. "I've been doing a lot of thinking, and you know what I found?"

"What?" Philip asked innocently.

"Mr. Sorenson came to your house and he did something that wasn't very nice to your mother, and your father killed him. Then he got scared and threw him down the well." He paused for this to take effect, then asked, "You know how I found out about the well?"

"What well?" Philip asked.

"On the crossbeam that holds the pulley that holds the rope, I saw marks of a second rope. Your mother let you down into the well in the bucket, didn't she, and you tied the rope around Mr. Sorenson's body, and then she pulled you back up in the bucket, and you helped her pull the dead body up. And I know it happened that way, Philip, because the rope left its mark. And of course, when you were being pulled up, a rock caught on your shirt and ripped off this piece of cloth."

From his desk he produced a triangular piece of red-and-gray cloth. Philip looked at it and said nothing. He had never worn that shirt to Sheriff Dumire's office, so he felt no great worry at seeing the scrap of cloth. Sweeping it up in his right hand, Dumire tossed it back in the drawer. "I'm not going to search your house for the shirt, Philip, because by now you've probably burned it."

The two antagonists stared at each other, and Dumire asked quietly, "Where did you hide him, Philip?"

The boy said nothing.

Then Dumire made a mistake, a bad mistake. He said, "You can tell me, Philip, because you're just a child. The judge can't do anything to you."

Philip looked serenely at the older man, his resolute little jaw jutting out, and he said nothing, but into his eyes came a look of hurt. He was dismayed that Dumire could think he was keeping silent to protect himself. If the sheriff knew so much, didn't he also know that Philip was protecting not himself but his parents? The boy's eyes fixed on Dumire's, and the sheriff felt the rebuke.

"Now, Philip," he said lamely. "I didn't mean that a boy should tell on his parents just so's he could go scot-free. I wouldn't advise that—never." Philip stared at him, and Dumire asked, "Is there any way we can make a deal?"

The boy replied, "I still want to be a sheriff. They have to think all the time . . . like you." And he ran home.

But the next day he was back in the office when Dumire received the warning telegram from Kansas:

THREE FORMER MEMBERS PETTIS GANG HEADING YOUR WAY TO KILL CALENDAR

The sheriff sprang into action at once, dispatching telegrams to towns along the Union Pacific and receiving word from Sterling that three men corresponding to the description had got off the train there, had hired horses and were heading west.

(continued)

Journal Shopping Center

FASHION: THE TEN BEST DRESSES OF 1975

PAGE 80: 1. LESLIE J sashed cotton tent dress with balloon sleeves. At Saks Fifth Avenue; all stores. 2. GENRE pumpkin colored empire waisted chemise in lino-textured polyester cotton. At Bloomingdales, N.Y.; Strawbridge & Clothier, Philadelphia; Gittings-Jenny, Cincinnati; Maison Blanche, New Orleans; Bullocks, Los Angeles. 3. LESLIE J kimono sleeved cotton obi dress. At Saks Fifth Avenue; all stores. 4. LEO NARDUCCI two piece cowl-necked Nyesta dress, for information write: Fashion Dept., Ladies' Home Journal, 641 Lexington Ave., N.Y., N.Y. 10022. 5. KATHY HARDWICK smocked dress in Antron Nyesta. At Bloomingdales, N.Y.; Filenes, Boston; Kaufmanns, Pittsburgh; Neiman Marcus, Dallas; Bullocks, Wilshire.
ACCESSORIES; 1. KJL beads. David Evins slingback shoes. 2. KJL wooden beads and hoop earrings. 3. P.C. Designs wood bangles. 4. KUL bangle and earrings. 5. Calderon leather sash. KJL hoop earrings.

PAGE 81: 6. SPORTWHIRL muslin chemise. At Bergdorf Goodman, N.Y. and White Plains; Fell Shoe Co., Highland Park, Ill.; The Front Room, New Orleans; Daytons, Minneapolis; The Svelte Veldt, San Antonio; The Weather Vane II, Santa Monica. 7. EVELYN de JONGE cotton peasant dress. At Lord & Taylor, N.Y.; Edward Malley Co., New Haven, Ct; Maas Bros., Tampa; L.S. Ayres, Indianapolis; Carson Pirie Scott & Co., Chicago; Stix Baer & Fuller, St. Louis; Battelstein's, Houston; Joske's, Texas; Horland-Swanson, Lincoln, Neb; J.W. Robinson, Los Angeles. 8. EVELYN de JONGE smocked dress in polyester/rayon poplin. At Bloomingdales, N.Y.; Maas Brothers, Tampa; Lazarus, Columbus, Ohio; Richs, Atlanta; Bullocks, Los Angeles; Joseph Magnin, San Francisco. 9. DELANI tunic dress in Nyesta. At Saks Fifth Avenue, all stores; Joseph Horne, Pittsburgh; Gittings-Jenny, Cincinnati; D.H. Holmes, New Orleans; Battelsteins, Houston. 10. SEARS two piece town and travel dress; At most Sears Fashion stores.
ACCESSORIES; 6. Embroidered sash and American Indian jewelry. At Fred Leighton's, N.Y. 7. Trifari red button earrings. 8. P.C. Designs necklace. Bulova Accutron watch, David Evins two-tone shoes. 9. Charles Jourdan T-strapped shoes.
HOSIERY: sheerest support pantyhose of Monvelle, fibers by Monsanto.

DECORATING: MAKEOVER TRICKS

PAGE 84: Roselle screen print, stretched on wall and made into draperies and table skirt, and Bombay stripe, made into sofa slipcover and chair seat pads, are both 54" wide cottons, about $6.50 yd., by Cyrus Clark Co., Inc. Sofa is ■ Skidmore 2 Hide-A-Bed by Simmons. Floor of Bisque pattern, white, 12" x 12" vinyl asbestos Place 'n Press tiles by Armstrong. Furniture and accessories are one-of-a-kind pieces from Lewis & Wilson, 305 E. 61st St., N.Y.C.

PAGE 85: Shutter Wall pattern wallcovering, VB8208, by J. Josephson, $7.95 roll through paint and wallcovering dealers. Sherwood Forest pattern, 36" wide cotton chintz, made into draperies, table skirt, pillows, and used to cover picture frames, about $4 yd., by Cyrus Clark Co., Inc. Claremont, color 18, 54" wide cotton corduroy by Collins & Aikman, made into sofa slipcover, available through upholsters and decorators from Naco Fabrics, 291 Grand St., N.Y.C. Sofa is Skidmore 2 Hide-A-Bed by Simmons. Floor of Oak Knoll pattern, saddle color, 12" x 12" vinyl asbestos Place 'n Press tiles by Armstrong. Hand knotted, all wool, Hispano Moresque rug is available through decorators from Ernest Treganowen, 306 E. 61st St. N.Y.C.

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CENTENNIAL
continued

He was planning what steps to take when Jim Lloyd rode in to town from Line Camp Three, followed by the young Calendar boy astride a big horse. "Sheriff!" the boy called. "They're tryin' to kill my pop!"

"The boy rode into camp this morning," Lloyd explained. "We're getting up a posse to help you."

"Let's go!" the sheriff said, and from Centennial he conscripted Potato Brumbaugh and two good riders.

He left the Calendar boy with Philip, thinking how their young lives had followed similar patterns—at an early age each had been required to face and conquer hazardous situations. Perhaps that was why men in the west grew so strong. They had to start fighting so young.

The posse rode east till they came to Calendar's beleaguered sheep wagon, where they found the sinewy Texan, a Sharps buffalo gun in his hands, and one dead Kansas gunslinger on the rise overlooking the draw.

"Where are the gunmen?" Dumire asked Calendar.

"Follow their blood. I winged one in the leg."

"Where'd they go?"

"West. Tryin' to catch a train and get out of here."

Dumire led the posse back toward Centennial, and they entered town just in time to intercept the two killers, who had planned to catch the afternoon train to Denver. They had abandoned their horses and were hiding near the railway station when the posse arrived. As soon as Dumire and his men appeared, Philip leaped into the middle of the street, shouting, "They're behind that store!"

Without hesitation Dumire spurred his horse and rode right at the two bandits. Bullets flew at him, but he kept going and gunned down the bandit with the wounded leg. The other escaped.

Now a manhunt occupied the town, and citizens with guns stalked warily down one street after another. Finally, at the intersection of Fourth Street and Fifth Avenue, up toward Zendt's store, Philip spotted the fugitive, and as he did so he saw with horror that Sheriff Dumire was walking blindly into a trap.

For one moment Philip hesitated. If Dumire were to die, the secret of Soren Sorenson would die with him, for no one else had shared in the sheriff's guesses. If he were dead, there would be peace, and the Wendells could slowly start to spend their bundle of bills. But it was unthinkable that Dumire should die.

"Sher-iff!" the boy screamed with all the force he could command. Dumire jumped back and began firing. He killed the outlaw, but in doing so, took a fearful blast, which shattered his chest.

For three days the town awaited news from the hospital. The citizens knew that Axel Dumire had represented a strong force for good in their town, and with this elimination of the Pettis gang, they could hope that the peace this region deserved had finally arrived.

On Friday prayers were said, and Reverend Holly, his voice shaking, announced that for the closing of his service he had asked the Wendells to sing once more that divine song of hope. "For there is hope," he said. "As long as God loves just men, there is hope."

So the Wendells took their accustomed places beside the piano and their sweet voices united in that anthem of countryside hope. Never did they sing better, but toward the end, Philip's soprano voice broke, as if manhood were approaching, and he pressed his hands against his face so that people could not see that he was crying, and he prayed, "God, don't let him die."

That night Sheriff Dumire told the doctor he wanted to see young Philip, so a deputy was sent to the Wendell house, and Mervin asked with intense excitement, "Is he dead?" and the deputy said, "He ain't got long. He wants to see your son," and as the boy left the house, his mother gripped his hand and would have spoken to him or kissed him, but he needed no strengthening from her. Breaking away, he ran to the hospital.

There, in a small room, lay Axel Dumire, attended by two nurses and a doctor. He indicated that he wanted them to leave, then said hoarsely, "Philip, I'm dying . . . where did you hide the body?"

The boy stared at him in the old, innocent way, and the sheriff became angry. "It can't hurt anybody now, goddammit. Where did you hide it?"

The doctor, hearing the loud voice, came back in, but Dumire motioned that he was all right, and again they were alone. "I have a right to know," he pleaded. "It's my job." Philip said nothing. Now a strange light of memory came into the dying man's eyes. "By God, I remember!" he cried weakly. "That day. . . . You were swimming in Beaver Creek. Alone. You must have found something . . . a hiding place. . . ."

Philip stared down at the sheriff. He saw Dumire's body wrench in pain as he tried to hold the ends of life together for a few crucial minutes. "It had to be in the creek!" Dumire said in a low whisper. His eyes grew bright as he put together the final pieces of the puzzle. "You lugged the body from the well to the bank of the stream. You were too smart to just weight it down and throw it in, because you knew I'd drag for it. But somewhere . . . a place that no one else would know . . . maybe in the bank. . . ."

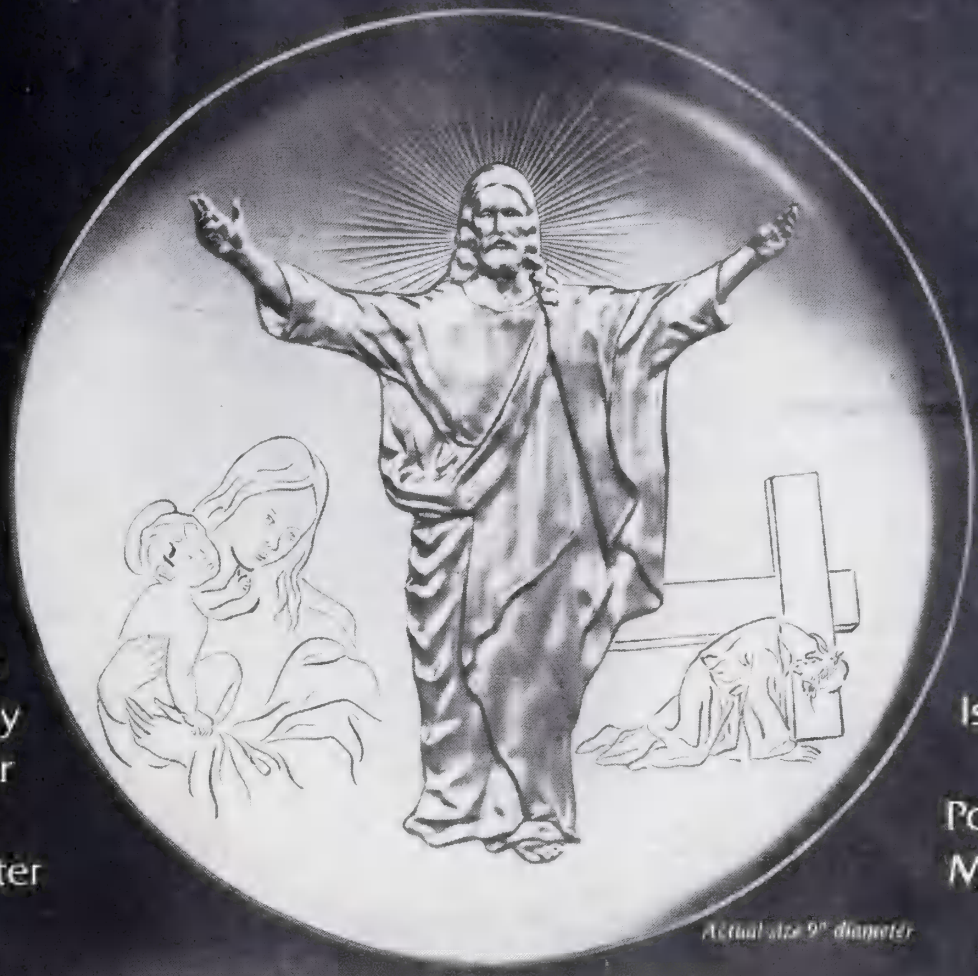
The sorrow Philip felt for the dying man as he wrestled with death and truth drained blood from his face, and when Dumire saw that ashen countenance, he recalled the frightened boy he had seen on the bridge: "That day we were dragging the stream! You grew terrified when you saw me so close to the bank. Philip, I know where the body is!"

He uttered these words triumphantly, for at last all pieces fitted together. "You don't have to speak, son." Never had he called Philip that. "You don't have to betray anyone. Just nod if I'm right. Tell me, tell me. . . ." His plea became an imploring moan which brought the doctor and nurses. They found Dumire dead, and clutching his hand a young boy with golden hair, sobbing. **End**



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PAT NIXON TODAY
continued from page 77

morning she was up and dressed as if to go out, even if there was no place to go. She did her job until the end. "I could always see the strain on her face," says architect Edward Jones, who was working with her on the White House furniture collection. "Certainly she was upset . . . but she's extremely strong. If her heart were broken you'd never know it. She'd say, 'We all have bad things to put up with in life.' I truly love that woman. Working with her was one of the great experiences of my life."

Adds Curator Clement Conger: "In the last four months, we were redoing the Queen's Bedroom, the East Sitting Hall, installing new draperies in the family dining room on the second floor, upgrading the collection in the Yellow Oval Room and doing a garden room on the ground floor. We were working on a silver flatware service and had revived the subject of the Nixon china. After months of looking, we had finally found a gentleman from a New Jersey oil company who said he could raise $200,000 for the china (150 pieces of each, cobalt blue and white), and we had gotten a preliminary design. At that point, things were tense; we all knew there was trouble brewing. But Mrs. Nixon was still working as if she were going to stay in the White House.

"Six or seven days before August 9, 1974, she called me and said, 'I won't explain, Clem, but don't go ahead with the porcelain. Call it off.' Her voice was quivering. I knew what she meant. We stopped work on everything. I have worked for six or seven First Ladies, and I admire Mrs. Nixon much more than all the others. She never let the altitude of the job go to her head. She was always just Pat Nixon from Whittier, California. She's so real, so warm, so realistic, so matter-of-fact. She did more for the authentic refurbishing of the White House, and its beautification, than any other Administration in history—and that includes the Kennedys. I only hope that someday she'll be given credit for her accomplishments."

Her final day in the White House must have been the hardest of Pat Nixon's life. She had spent her most productive years helping her husband reach the Presidency, often subordinating her wishes and identity to his. Now she had to watch him leave in disgrace, the first President ever to resign.

"I hope I'll never go through another day like that," says Conger. "There was a terribly emotional farewell with the staff. The President even came out in his pajamas and hugged them all." Many observers wondered why, in his farewell speech, the President mentioned his mother but not his wife. Explains Helen Smith, "If he had said 'My wonderful Pat,' she would have broken down completely. She had a tremendous rein on herself. I think if any word had been spoken she wouldn't have made it."

As she walked swiftly to the helicopter that was to take them from the White House to Andrews Air Force Base, where they would begin their flight to San Clemente, Calif., Mrs. Nixon's eyes never left the ground. Friends, including Louise and Roger Johnson, were waiting to say good-bye at Andrews. It was again a silent farewell. "We just gave them a big hug," says Louise Johnson. "Pat was drained. But there was no letting down. I don't think any of them would have let go. They're too proud. It was a matter of dignity."

Colonel Ralph Albertazzi, the pilot of Air Force One, recalls flying over Jefferson City, Mo., at the precise moment Gerald Ford took the oath of office. Most of the passengers on the Presidential jet were listening to Ford being sworn in, but neither Pat Nixon nor her husband picked up the earphones attached to their seats.

Into exile

Since August 9, Pat Nixon has disappeared into virtual exile behind the walls of her San Clemente compound. "It's as if she went underground or vanished into the sea," comments a friend. Of the five dozen people contacted for this article, most have written to Mrs. Nixon, but few hear from her. Architect Jones received a reply to his letter. Former staffer Terry Ivy received a photo she had sent out to be autographed. Lucy Winchester, Helen Smith and Louise Johnson talk with Mrs. Nixon occasionally. Many, like Clem Conger, are afraid to contact her. "What would I say?" Others, like Mrs. Thurmond Clark, Mrs. Hugh Scott and Mrs. J. Willard Marriott, have not written because they have heard that the mail just piles up and never reaches her.

All this has provoked considerable speculation that Mrs. Nixon has become a recluse. Her friends deny it, yet it is true that she rarely leaves the San Clemente complex. There are exceptions. Disguised in a dark wig, she made one Christmas shopping trip to Los Angeles with her friend Helene Drown and, at a Christmas party, sipped champagne with local volunteers who help with the mail. (But when one volunteer asked to take her picture, Mrs. Nixon refused.) And when her husband underwent surgery for phlebitis, she visited him every day in Long Beach Memorial Hospital. Other than that, she goes nowhere.

"It's very, very difficult on her," says Helen Smith. "She seems very normal when I talk to her, but it must be terribly depressing. She has no staff except Fina [her maid] and Manolo [Nixon's valet]. She's pushing cartons around by herself, she's swamped with mail that

he hasn't touched. She didn't even send ut Christmas cards. She loves privacy, ut she misses people very much. The vorst part is her husband's illness. She vas never sick and he was always touted s the healthiest President in history. To ee him incapacitated is hard on her. And he's been very low. She's tried to eep him cheered up, but it's difficult to o. On top of that, any mental strain an bring on another attack of phlebitis, o she has to walk on pincushions to nake sure he doesn't get upset."

Friends say Mrs. Nixon keeps up with ne news, reading newspapers, magaines and reams of books (which she topped doing at the height of Watergate). "She knows what's going on," ays Helen Smith. She was also touched nat she is still considered the most admired woman. When I told her that several people wanted to interview her, she ouldn't believe it. She said, 'Oh, Helen, 'e're out of it now.' She feels the emhasis shouldn't be on her, that there's nother First Lady."

TV producer Paul Keyes dined with ne Nixons the night before the former resident went to the hospital for surery. Keyes says Pat met him and his ife Miriam at the door. "The President nd I went for a swim while Pat and Miriam chatted," Keyes recalls. "Pat as a wonderful, warm hostess. But it nly makes sense that they entertain at ome rather than going out to dinner. hey couldn't go anywhere without cre ing a fuss. It's much easier for them to ee a few friends quietly at home."

But even that can be embarrassing. ecently, Pat Nixon invited several old iends to dinner—but to her dismay the ubject of Watergate arose. One man, ho had held a high position in the ixon Administration, began probing, ndiplomatically asking the former Presdent what had really happened—who nd said what to whom. Mrs. Nixon as furious. "She doesn't feel that the resident, in his physical condition, ould be exposed to that sort of thing," ys a friend. Dinner guests have been refully screened ever since.

Her best friend, Helene Drown, denies at Mrs. Nixon has been traumatized what has happened. "She's been at e top of great peaks with her husband, nd she's also seen some deep valleys. ne's not about to go to pieces now."

Dr. John Lungren, the former Presint's physician, saw Mrs. Nixon every y while her husband was in the hostal. He was amazed by her composure. hate to use the word 'extraordinary,' t I will in her case. She behaved in markable fashion throughout the ole ordeal. She realized the President s close to death, but she had an amazg ability to handle the situation. There re tears, of course, but always in prite. She was here every day during the tical period. Most of the time she spent the night at Helene and Jack Drown's. They live nearby. But when the going got rough, she never left the hospital. She ate all her meals here and slept in the suite next to the President's.

"What floored me was that *she* wanted to reassure *me*. The press was always insinuating that nothing was the matter with the President. I've been a physician for 26 years, and that was pretty difficult for me to go through. But she would say she wanted me to know that she and the family had complete faith in me. She said it was up to God and our ability to handle the situation."

Says psychiatrist Arnold A. Hutschnecker: "Generally, a woman holds up in relation to her man. It happens when you see a man battling. Some women collapse, but others rise to see their men through difficulties." (Richard Nixon was once Hutschnecker's patient, although this was before the doctor changed his practice from internal medicine to psychiatry—and before Nixon became President.)

Dr. Lungren sees Mrs. Nixon at least once a week when he visits the former President. Lungren says she looks thin but well. Although a Navy Corpsman attends to Nixon's medical needs, administering physical therapy and anticoagulant drugs, Pat walks two miles a day with her husband, reads to him and covers for the Corpsman at night. She gives her husband his medicine and keeps in touch with Dr. Lungren in case there are any problems. (West Coast TV executive John Grant, a friend of Nixon's, says he spoke to him on the phone New Year's Eve. Nixon said he was working three hours a day on his memoirs. "Things will be a great deal better in 1975 than in 1974," he told Grant. "Lots of things haven't been told.")

A new life

Lucy Winchester, who talks to Mrs. Nixon almost every day on the phone, says she seems to enjoy certain aspects of her new, private life. "She loves feeling at one with nature. She loves to feel the sun and the breeze on her face, and to work with her hands. She's weeding and digging. The last time I called she was in the garden. She said, 'My hands are dirty.' And she talks about all the birds. There are hummingbirds out there, and she found a nest of doves in the courtyard. She tells me she's digging clams, too. She always wants to know what's going on in Washington. She's very concerned about Mrs. Ford. Sure, Pat's sad, but I think she's peaceful. She was such a prisoner at the White House. Now she feels free. The only thing is, she wonders if people will ever recognize the wonderful things her husband has done, and if she'll live to see the day they do. She's afraid people will forget."

End

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"ANYONE CAN WRITE!" Free Authorship Information . . . Academy, 1629-B Bell, Chicago, Illinois 60647.

OF INTEREST TO ALL

★ **COATS OF ARMS:** 500,000 names, 32 countries. Free Catalog. The Rainaud Family, Wilmington, Vt. 05363.

OF INTEREST TO WOMEN

$35.00 DAILY POSSIBLE addressing-stuffing envelopes. Typewriter-longhand. Information: Send stamped addressed envelope. Ame-3, Box 310, LeMars, Iowa 51031.

★ **NEVER WON ANYTHING?** Anyone can win Sweepstakes contests! Free details. Services, Box 644-LBC, Des Moines, Iowa 50303.

$800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, Missouri 64024.

HOMEWORKERS! $125.00 WEEKLY possible addressing for firms. Begin immediately! Offer details—stamped, addressed envelope. FHP, 39-TG3, Brooklyn 11235.

★ **$600 MONTHLY POSSIBLE** "Copy" Typing. $50 Thousand Addressing. 10c. Publishers, Box 75010-M, Oklahoma City 73107.

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★ **HOW TO MAKE MONEY** Writing Short Paragraphs. Information Free. Barrett, Dept. C-443-X, 6216 N. Clark, Chicago, Illinois 60660.

$51.80 DAILY. Easy homework. Immediate Income. Details selfaddressed stamped envelope. Sbialad, 6311-812 Yucca, Los Angeles, California 90028.

★ **HOW TO MAKE MONEY ADDRESSING.** Mailing Envelopes. Offer Details 10c. Lindbloom Agency, 3636 Peterson, Chicago 60659.

CASH FROM BOXTOPS. LABELS. Information 10c. Continental, B11616, Philadelphia, Pennsylvania 19116.

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★ **STUFF-MAIL ENVELOPES.** $250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings, B-21487K-LJ3, Ft. Lauderdale 33316.

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SONG POEMS—MUSIC

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CLASSIFIED, INC. guarantees refund of any initial money sent in direct response to the above advertisements. LH-3.



earitis

MAKING YOUR EARS HURT AND ITCH?

"Earitis"—annoying pain and itch in your ears—can be brought on by excess wax. But when you try to remove wax with pointed objects, you may injure your ears! There's a better, safer way to remove excess wax—with AURO Ear Drops. When excess wax is gone, pain and itch of "Earitis" is gone. Get **auro®** to help stop "Earitis."

MOTHER'S DAY SPECIAL

Baby's First Shoes

Bronze-Plated in Solid Metal

only $3.99 a pair



Limited time only! Baby's precious shoes gorgeously plated in SOLID METAL for only $3.99 pair. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. Satisfaction Guaranteed. Also Portrait Stands (shown at right), ash trays, bookends, TV lamps at great savings. Thrillingly beautiful. The perfect Gift for Dad or Grandparents. SEND NO MONEY! Rush name, address, for full details, money-saving certificate, handy mailing sack. Write Now!

AMERICAN BRONZING CO., BOX 6504-C6, BEXLEY, OHIO 43209

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24 COLOR WALLET PHOTOS ONLY 2¢ ea.



FREE One photo in plastic

SPECIAL! 36 Black & White only $1.00

Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5"x7"), neg. or slide. Original returned unharmed. GUARANTEED! Add 45c per order for shipping.

ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept.LH43



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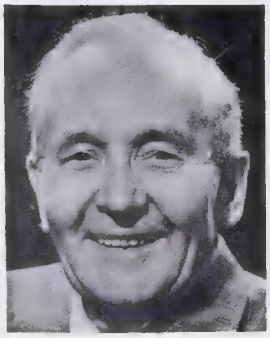
MORE BEAUTIFUL EYELASHES OVERNIGHT!

Thicker, longer, lovelier looking lashes with Jeromes Instant Eyelash Oil. Apply at bedtime—awaken to new eye beauty! Fully hypo allergenic and non-toxic. 6 months supply $5.95 *(tax & shipping incl.)* guaranteed results. Send check or M.O. (sorry no C.O.D.'s)

ROSE VINE, Dept. H-14
Box 3547, Beverly Hills, Calif. 90212

Arthritis, Rheumatism Sufferers!!!

Please read this true story of how I almost made the mistake of my life!



When I took charge of the 50 year old J. W. Gibson Company, I reviewed its 275 pharmaceutical and household products and decided, in the name of economy, to eliminate nearly ½ of them. Some of them dated back to the beginning of the company itself. Among these "old timers" was a product called Icy-Hot and I was soon to learn that sometimes the "old" ways are the best!

Even though this product had never been advertised, the letters literally poured in by the hundreds when customers found they couldn't buy Icy-Hot anymore. I was really impressed. I had just finished reading some of the letters and was looking at a jar of Icy-Hot when a friend stopped in. "What's that?", he asked.

"Icy-Hot", I answered.

"What's it do?"

"Gives temporary relief from the pain of arthritis, rheumatism and muscular soreness," I said, reading the label aloud. My friend frowned. "I've heard that before".

He sounded skeptical so I handed him the jar. "Here, try it and tell me what you think".

The next morning I no more than entered my office, when the phone rang. "I don't know what's in that stuff", my friend said, "but it's the only thing I've ever used that helped, and believe me, I've tried them all".

On the basis of the letters, and my friend's enthusiasm, I ran a small ad. Today the letters of praise pour in and that phrase, ". . . the only thing I ever used that helped" is in practically every one of them. Icy-Hot has become our run-away best seller. In fact, our reorders are so high, I make this unusual guarantee:

Please, try Icy-Hot. If it doesn't give you RIGHT NOW relief, keep the jar and drop me a note. I'll refund your money immediately! You can't buy Icy-Hot in drug stores, so just send $3.00 for a big 3½-oz. jar of Icy-Hot, the medicated cream that puts pain to sleep.

Take advantage of this no-risk offer—you have nothing to lose. Trying is believing! Only by trying can you fully appreciate the benefits of ICY-HOT.

J. W. Gibson Company
2000 North Illinois Street
Indianapolis, Indiana 46202

SEND ME ICY-HOT QUICK!

© J. W. GIBSON CO., 1974

J. W. Gibson Co. Dept. LH3
2000 N. Illinois St., Indianapolis, Ind. 46202

Please rush ICY-HOT to me. I must be completely satisfied with the results or I will send you a note for a full refund. (I won't bother returning the unused portion.)

I enclose $3.00 for the 3½ oz. jar. ☐ ☐ Cash ☐ Check
I enclose $5.00 for the 7 oz. jar ☐ ☐ Money Order

NAME

ADDRESS

CITY STATE ZIP

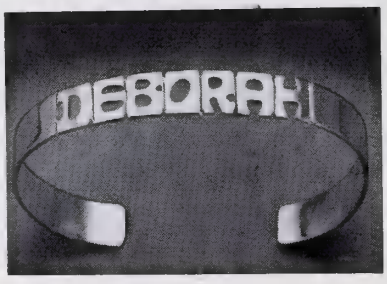
The JOURNAL STORE

LYNN HEADLEY—EDITOR



Casual elegance

Tiffany-type wall lamp with natural wicker shade (12" diam.) is suspended from rattan bracket with a 9' rattan chain. Wired. On/off switch. $12.95 plus $1.50 hdlg. Painted white, yellow, green, pink, orange, black, or blue, add $2. Catalog, 25¢. Fran's Basket House, Dept. LH3, Rt. 10, Succasunna, NJ 07876.



Cuff name bracelet

This stunning, stiff cuff bracelet with her name cut out of sterling silver will please girls of all ages. ⅜" wide with any name (please print) up to 7 letters. A solid handsome look, this cuff bracelet fits and flatters any pretty wrist. $15. From Bruce Bolind, Dept. LH3, Boulder, CO 80302.



Victorian clothes rack

Stunning cast-iron rack sparks a friendly, homey touch to any wall. Versatile reproduction from the colorful Victorian era has 5 large swing-away arms with 3 hooks on each for hats, coats, etc. Extends 7½" from wall. 14" wide. $3.98 plus 75¢ hdlg. Holiday Gifts, Dept. 1703-D, Wheatridge, CO 80033.

"I didn't believe in bust developers."

An interview with Jeanne Ryan

Then I gained 6 full inches and my bustline suddenly became high, full and firm."

Q. "Jeanne, why didn't you believe in bust developers?"

A. *"Well, I had always had a small bustline and I had tried everything to become larger but nothing worked. So I just believed that in order to have a full bustline you had to be born with it—and then Mark Eden came along. I decided to try it on a sort of 'what did I have to lose' basis."*

Q. "Jeanne, what did Mark Eden do for you?"

A. *"As you can see from my 'before' picture, I didn't have a whole lot of bustline to start with. If I took a deep breath, I could stretch the tape measure to 34 inches. And then, with Mark Eden, my bustline started to grow—an inch and a half in less than a week and then more inches until I measured a full 36. That was a 6 inch gain. And every inch of the way it was lifting, firming up and shaping out in the most marvelous way. Actually the Mark Eden Developer in such a very brief time completely transformed the entire size, shape and appearance of my bustline."*



before

Over two million Mark Eden Developers have been sold to women who, like Jeanne, wanted fuller, shapelier bustlines. For thousands Mark Eden has transformed flat bustlines into firm, shapely fullness. For many others it has reshaped the drooping look into a tauter, smarter, younger silhouette.

Q. "Jeanne, the difference in your 'before' photo and the way you look now is absolutely startling! How did your family and friends react?"

A. *"Well, my family had encouraged me to try the Mark Eden program and were thrilled for me when it succeeded beyond*



my wildest expectations. As a matter of fact, my sister used Mark Eden and increased her own bustline 5 or 6 inches in a very short time. And now when I go to the beach, I can't help being aware of, and secretly thrilled by the fact that for the first time in my life my new figure is attracting a great deal of attention."

The Mark Eden Developer is not an artificial stimulator or a cream. It is an exclusive exerciser that employs special techniques safely and effectively. Mark Eden is the world's most successful bustline developer. Over two million Mark Eden Developers have been sold and every one covered by a complete Money Back Guarantee.

Q. "Jeanne, do you think that you have benefited only in a physical sense from your Mark Eden experience?"

A. *"Of course, the physical changes were the most obvious and dramatic—but I got much more from the Mark Eden program than just a larger bust measurement. The fact I accomplished everything that I set out to do has done so much for my self-confidence and certainly so has my new appearance. I feel more feminine, more attractive, more sure of myself. And now meeting people, talking to people, making new friends is a real joy."*

For years Mark Eden has carefully documented and published the actual photographs of women who have achieved dramatic new bustline size and beauty and while we do not state that every woman will achieve results, thousands of women report that the Mark Eden Developer has given them the kind of bustlines they've always dreamed of.

Q. "Jeanne, do you believe in bust developers enough now to recommend them to other girls?"

A. *"I believe in the Mark Eden Developer—and I believe in it enough to recommend it with all my heart to anyone who wants to improve her bustline. It performed absolute wonders for me. I know other girls who have used it and it's done the same for them. And you know it's guaranteed: If you're not satisfied with your results you get your money back."*

The Mark Eden Guarantee is your protection: If after using the Mark Eden Bustline Developer and Course for only two weeks, you do not see a significant difference in your bustline development, simply return the developer and course to Mark Eden and your money will be promptly refunded.

The Mark Eden Developer costs only $9.95 complete—you receive the fabulous Mark Eden Developer . . . you receive a complete course of instructions, fully illustrated by photographs, which shows and tells you exactly how to use this remarkable developer for your maximum results . . . and you receive the MARK EDEN MONEY BACK GUARANTEE.

Mark Eden

P.O. Box 7843 Dept. LH-35
San Francisco, CA 94120

Please **RUSH** me my Mark Eden Developer and Bustline Contouring Course. I understand that this course is complete and that there will be nothing else to buy, and that if I do not see satisfactory results in bustline development within two weeks, I can return everything to Mark Eden and receive my money back.

For the above complete course and Bustline Developer I enclose $9.95 plus .50 for postage and handling.

☐ **Cash** ☐ **Check** ☐ **Money Order**

No COD's accepted.

Shipped in plain wrapper. Please print

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Address_____

City_____

State_____ Zip_____

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REMOVE HAIR FOREVER

PERMA TWEEZ electrolysis—as seen in medical journals—safely and permanently removes all unwanted hair from face, arms, legs and body. This is the *only* instrument with special U.S. patented safety feature that destroys the hair root without puncturing skin. Automatic, 'tweezer-like' action gives safe and permanent results. Clinically tested —recommended by dermatologists. Send check or money order. **$16.95 ppd.**

14 DAY MONEY BACK GUARANTEE

- ☐ I enclose $4.00 deposit and will pay balance COD plus extra COD postage.
- ☐ I enclose $16.95 in full payment.
- ☐ Americard/Master Chg. #
  Expiration date

GENERAL MEDICAL CO., Dept. LI-53
5701 W. Adams Blvd., Los Angeles, CA 90016

OPEN MARKET

SPARE TIME — MONEY MAKING AT HOME

$500 stuffing each mail envelopes. Details. 25¢ & stamped addressed envelope. Gould, Box 896-LH, Boston, Mass. 02103

CLIP newspaper items. $500 monthly. Info. stamped addressed envelope & 25¢. S. Marsh, Box 308-L, New Lebanon, NY 12125

AT-HOME MAILERS needed. Earnings to $200 weekly possible. Information: Rush 30¢ & stamped self-addressed envelope. Inco, Box 1307-LI, Pittsfield, Mass. 01201

$150 WEEKLY MAILING CIRCULARS for advertisers. Details, rush stamped self-addressed envelope & 25¢. Blaine, Box 153-LHJ, Stephentown, NY, 12168

$1500 MONTHLY CAN BE YOURS selling information by mail. Details, 25¢ & stamped self-addressed envelope. S. Marsh, Box 308-1H, New Lebanon, NY, 12125

STUFF ENVELOPES $250 per 1000 plus 50% commissions. Information: 35¢ & stamped self-addressed envelope. Provost, Box 1694-LH1, Boston, Mass. 02105

WIN CONTESTS

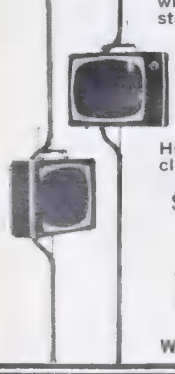
WIN BINGO! Be continual winner. Full complete details. $2.00 Refundable. Holden, Box 2298-LH, Boston, Mass. 02107

WIN national sweepstakes. Details: 25¢ & stamped addressed envelope. Clay agency, Box 427-LA, Lee, Mass. 01238

BUSTLINE INCREASE

ENLARGE Bustline 5 inches! Amazing plan, complete $2.00 Refundable. Lela Vail, Box 1312-HJ, Boston, Mass. 02104.

ADJUSTABLE T.V. POLE



Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U.S.A.

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We ship in 24 hrs.

Extension for higher ceiling, add $2.00

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Holiday Gifts

Dept. 1703-A
Wheat Ridge, Colo. 80033

Color PHOTO Bargains



YOUR CHOICE **$2** FULL COLOR

16 WALLET SIZE
or
3—5x7 ENLS.
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ONE 8x10 ENL.
or SUPER BARGAIN:
12 WALLET SIZE with FREE 5x7 ENL. in COLOR

Finest quality silk finish smudge-proof photographic paper. Send any color photo (2" x 2" or smaller) color neg., or slide (returned). Add 25¢ per selection for postage and handling, and extra 50¢ for First Class Service.

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We will actually send you, for 10¢, seldom seen coins from Spain, Finland, Sierra Leone, Turkey and Czechoslovakia. Just to get your name for our mailing list. And we'll include our free catalog of coins, paper money, collector's supplies. Send 10¢, name, address and zip to:



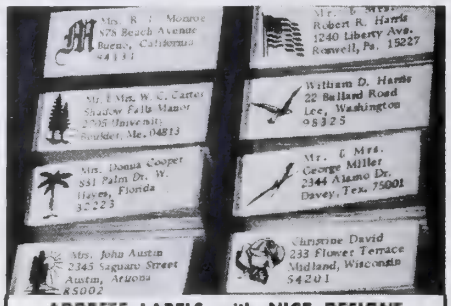
Littleton Coin Co.
Dept. MB-18, Littleton, N.H. 03561



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1. Valuable centennial postage stamp as illustrated picturing the first U.S.A. stamp ever issued — 1847!
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ADDRESS LABELS with NICE DESIGNS

Any initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose. (Also available are Texas Flag, Maple Tree, Treble Clef, or Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½". 500 on white or 250 on gold for $2.50 ppd. Or on DELUXE SIZE, 1¾" long, $3.50 with design or $2.50 without, ppd. Specify Initial or Design desired. Via Air add 39¢ per order. Bruce Bolind, 33 Bolind Bldg., Boulder, Colo. 80302. (Since 1956, Thanks to You!)



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GET this valuable collection of 100 different stamps from the world over. Scarce Kennedy stamp shown plus Red China, Viet Nam, many more colorful new, old issues—birds, beasts, commemoratives, topicals, pictorials. Also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Rush 10c today.

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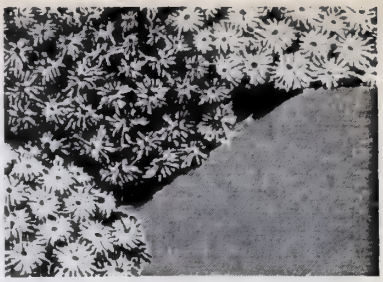
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Retire to a sunny outlook

If the high cost of living has you down, why not think about a 60' x 12' furnished 2–bedroom mobile home plus 60' x 100' lot in a new central-Florida lakefront development? There are 15 furnished models on display. Base price $12,995 with low down payment. Write for free literature. Orange Blossom Gardens, Dept. 73-D, 2148 N.E. 164th St., Miami, FL. 33162.



Cushion mums

Magnificent giant balls of color set your landscape ablaze beautifully. Nature sweeps a decorative hand with each chrysanthemum plant drenched with masses of 1"–2" blooms. Mixed colors; nursery–grown root divisions. 10 for $1.50; 25 for $3.50. Add 35¢ hdlg. Rockwood Gardens, Dept. CB-625, 60 Monroe, Grand Rapids, MI 49502.



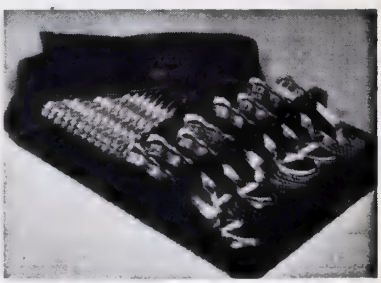
Pet on roamin' holidays?

There's no worry about wandering, if your dog or cat has a Lifelong ID Tag to assure its safe return. Pet's name, your name, address and phone number are engraved on stainless-steel tag. With hook for collar attaching. Specify dog or cat. $1 each. Holiday Gifts, Dept. 1703-C, Wheatridge, CO 80033.



Supplementary thinking

Here's a fine offer for the healthy minded: "Big-4 Tablets" with kelp, vitamin B6, lecithin and cider vinegar. You may well be interested in these tablets offered at a fine price, too. 100 tablets for $2.98; 500 tablets for $9.85; 1000 for $16.49. Nutrition Headquarters, Dept. N-2020, 104 W. Jackson, Carbondale, IL 62901.



Good-bye tarnish

Gorham silverware drawer pads of Pacific Silvercloth keep your silverware neat, clean, and always ready for last-minute company. Standard size (14x12-x2½") holds 105 pieces, $10.98. Jumbo (17½x14x2½") holds 120 pieces $11.98. Add 95¢ hdlg. Holiday Gifts, Dept. 1703-B, Wheatridge, CO 80033.

Created by the founder of Health Watcher U.S.A.® — Working with an Eminent Doctor!

3 FAMOUS FAT-MELTERS
KELP, LECITHIN, VITAMIN B6, PLUS B COMPLEX
ALL IN 1 TINY DYNAMITE TABLET!

At last, a diet program so effective you can lose 12 pounds in 2 weeks without a single hunger pang! If you don't, your money will be refunded!)

It the best news of all is The Health Watcher™ Diet tually improves your health at the same time you're edding those unwanted pounds and inches! The alth Watcher Diet is based entirely on good health- foods and precious vitamins your body needs! Un- e those diets which use potentially dangerous drugs control appetite, the Health Watcher Diet plan in- ides dietary supplements that are good for you!

. Unlike those risky high-protein diets doctors rn could increase cholesterol levels . . . the Health atcher Diet Plan urges you to eat a balanced diet!

. Unlike those rigid low-calorie regimens that use imple starvation" to effect weight-loss . . . the alth Watcher Diet allows you to eat 6 times a day, you never go through those agonizing hunger pangs!

The weight-loss you want plus All these extra benefits!

agine a weight-loss program that can take off as ch as 12 pounds in 2 magic weeks, yet . . .
. . . allows you to eat so called "fattening foods"!
. . . leaves you free of jittery "diet nerves"!
. . . is easy to stay on even when you eat out!
. . . frees you from counting calories!
. . . substantially reduces cholesterol!
. . . improves your health at the same time you're growing more slender day-by-day!

Why the Health Watcher Diet works — and why it's so good for your body!

You eat what you want — even so-called "fatten- foods"! But you do it sensibly — and often — so 're never hungry. Health Watcher gives you a 32- e regimen to follow that makes it easy.

Two times a day you take a Health Watcher tablet taining the 3 famous fat-melters plus natural Vita- B Complex. Here's what they are and why you d them:

gin sea-kelp. Totally natural and the world's most able source for the supplements so vital to the per functioning of your thyroid gland. **Only if the roid works properly will fat be burned away as ure intended.**

e soy-bean lecithin. Many doctors advise patients high cholesterol counts to take lecithin daily to rease this hard, fat-like, artery-clogging substance as much as 30%. And it seems in combination with other ingredients to redistribute body-weight more nly (no ugly bulges!)

min B6. A Texas doctor found vitamin B6 performed r miracles in making his patients lose weight and es — especially around the waist — even with no r change in diet.

Plus **Vitamin B Complex** — and it's a very impor- plus . . . Health Watcher tablets also contain nat- B complex to help prevent stress and control the t jitters" some people get when they try to lose ght.

s that all there is to it? No — there's one more et — a real breakthrough. Instead of the awful gar some diets call for, you drink as much as you t of a delicious, healthful, unsweetened fruit-juice 's inexpensive, available at any supermarket or aurant, and probably on your own pantry shelf right . That's it! Sound easy? **It is!** Sound healthful? **better believe it!** Sound effective? **Don't take our d for it — read these actual letters!**

DEVELOPED BY A FAMOUS NUTRITIONIST — DOCTOR TEAM!



Nutritionist Marie Glantz is a member of the International Naturopathic Association. As the Founder and President of Health Watcher USA, she is a popular lecturer and radio panelist, cookbook author, (and a 3 time golf champion and tennis-playing grandmother of four!). A petite 5'1", she herself achieved a weight loss of 15 pounds and continues to get her tremendous energy and vitality by following Health Watcher Diet principles. Many of those who have attended her lectures have also adopted the Health Watcher Plan as a "way of life" after achieving the weight-loss they desired.



Dr. Louis F. Castaldo, M.D. graduated from the University of Maryland and received his medical degree at Tufts University, then interned and was a resident at Stamford and Bridgeport Hospitals in Connecticut and Bellevue and Mount Sinai Hospitals in New York. A practicing physician over 30 years, and dedicated to his profession, he tried the Health Watcher Diet himself before giving it his endorsement. He says, "The complete Health Watcher Program is one of the most sensible, most healthful weight-loss programs ever developed. The tablets give your body essential foods and precious vitamins it needs. There isn't the slightest risk in taking them . . . in fact, they're so beneficial to your health you should consider taking them daily even after you've reached your proper weight."

"It works! It works!" enthusiasts write!

"The diet is great! I did it with no bloated feeling, no thirst, no cravings and my dresses and pant-suits fit comfortably once again. Thank you!" L.D.

"On all my past diets — I've tried them all — I've been nervous, grouchy and continuously exhausted. To date, I've lost nine pounds — the thing that thrills me is my pleasant disposition. I don't have that up-tight feeling — I sleep well and have endless energy too." S.M.

"The kelp diet worked — I am back to my normal weight. I am feeling so much better and am really happy about my weight-loss." D.K.

Now Health Watcher makes the famous K-L-B6 Diet easy — and fun!

When the K-L-B6 with Vinegar diet first made news, it made those fancy fat-farms, saunas, reducing machines, trick belts, massage salons, frantic exercises and dangerous appetite suppressants look ridiculous. For one simple reason — it was wildly successful! Thousands discovered it was true . . . when these fat-melting ingredients were added to their low-calorie diets, weight came off with a rush!

As a Nutritionist, Marie Glantz recognized the validity of the diet. But she also knew firsthand about the nuisance and difficulty of staying with the original program. Sea kelp and lecithin aren't usually stocked at your corner store. And the unprocessed, "country store" cider vinegar, in the original diet, was not only hard to find, but downright hard to choke down. Dentists warned it was bad for your teeth! And, she knew that taking vitamin B6 alone would upset the delicate balance of the B complex vitamins in the body, and could make people uptight, jittery, nervous.



All these drawbacks, she felt, would keep millions from following, and getting the benefit from, the first really effective new diet to be discovered in years.

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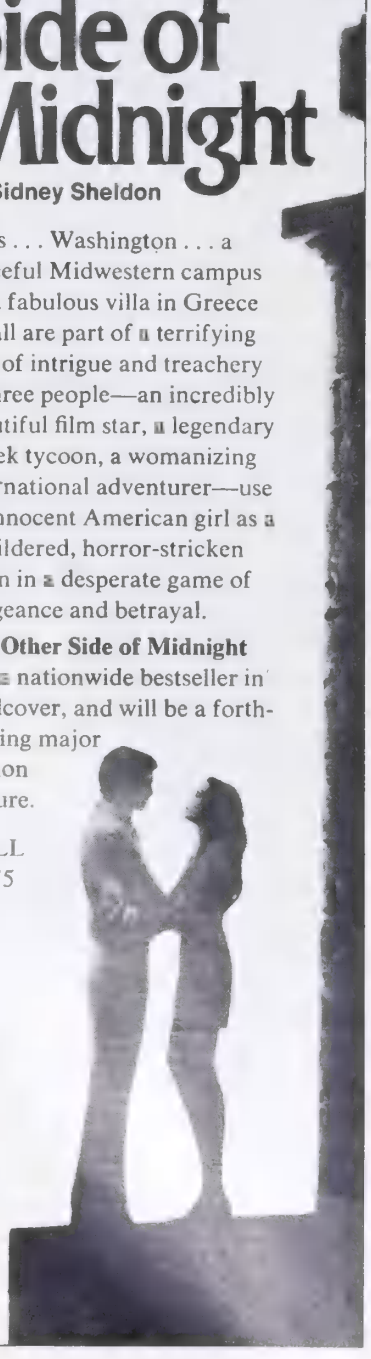
The Other Side of Midnight

by Sidney Sheldon

Paris . . . Washington . . . a peaceful Midwestern campus . . . a fabulous villa in Greece . . . all are part of a terrifying web of intrigue and treachery as three people—an incredibly beautiful film star, a legendary Greek tycoon, a womanizing international adventurer—use an innocent American girl as a bewildered, horror-stricken pawn in a desperate game of vengeance and betrayal.

The Other Side of Midnight was a nationwide bestseller in hardcover, and will be a forthcoming major motion picture.

DELL
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continued from page 69

sures normal, ulcers from forming and heart attacks from occurring.

"When you are married to a successful woman, you have to learn to balance minor inconveniences against the greater well-being of the marriage and relationship. In my home, for example, I've been waiting many months for new dining room draperies. I've even offered to select them myself. Offer rejected.

"Many successful women—including my own wife—are still in a transitional stage. They have freed themselves from ancient clichés about the nonfemininity of female achievers in a 'male world.' But they still have not outgrown completely their early programming against asking their husbands to share domestic duties."

STUART JAMES, free-lance writer, homemaker and househusband, and his wife Sheila, an advertising executive, have two sons. "Until 1971, I was executive editor of *True* magazine and the classic harried commuter. I left the house at 6:30 A.M. and got home at ten at night. I never thought it was good for the kids to have both parents working full-time, so for two years I worked on a smaller magazine and cut down my hours. But in 1973, I realized one of us would have to quit and stay home.

More money, more fun

"I'm twelve years older than Sheila; I've been through the hot-shot career thing and I hated the pressure, so it was a lot easier for me to quit. Sheila made about $12,000 a year more than I did anyway. She has more fun at her job than I ever did—and I run a house better than she does. I have a make-a-list mind; she has a champagne mind. I'm a good cook. Even when I worked in an office, I shopped and cooked dinner. If I couldn't get home I called Sheila at work and told her what to make.

"As I tell it, I see that I sound very modern and enlightened. Actually, I was quite a male supremacist during our change of life. It was *I* who decided someone should be home and it was *I* who decided that someone should be *me*.

"For the last two years I've learned a lot. I thought I'd get a great deal of writing done at home while the kids were in school. But the first day I attacked a magazine assignment I was amazed to find that I'd written only two pages by 5 P.M. There was breakfast, laundry, dishes, marketing, bed-making, driving the children around—no time to myself. How do women *do* it and still manage to write books, go to school or work? It gets dull, too. So dull that I wait at the mailbox for the postman, just to have someone to talk to. Or I eagerly play chess with my five-year-old, who's a terrible chess player. I do miss the social aspects of working—gossip with co-workers, business lunches. . . .

"Our children aren't aware that our arrangement is unusual. All of us get along well; we like each other; we have a sense of humor in common and we all have our chores. Sheila sets the table, does the dinner dishes and reads the kids bedtime stories. We both help with their homework. Then Sheila and I spend whole evenings talking at the dinner table. I could have written eight books in the time we've just enjoyed talking to each other.

"If Sheila weren't working I couldn't afford to free-lance or get to know my children. I'm grateful to her for giving me that freedom. It's a good life." **End**

HOW DOES YOUR HUSBAND FEEL? Letty Cottin Pogrebin invites comment on this column from the husbands of JOURNAL *readers who hold jobs outside the home. Show this to your husband. Ask him to send his reactions to: Husbands, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. (Of course, Ms. Pogrebin welcomes letters from all readers, but in this instance she is particularly interested in the views of men whose wives work.)*

Correction: The December column on household workers contained an inaccuracy that may have misled many readers interested in the National Committee on Household Employment. The facts are these: NCHE organizes household technicians on the local level throughout the nation and presently has 42 local affiliates with about 25,000 members. For information, contact NCHE, 8120 Fenton Street, Suite 300, Silver Spring, Md. 20910.

FROST ON THE WINDOW

By Ruth Lechlitner

Beyond my eastern window
Cold winds of winter pass
Etching with sharp and brittle breath
These patterns on the glass.

Touching them, I remember
The child I was, who traced
A world of frosty star and fern
And branches interlaced;

A crystal Cinderella coach
By silver dragons drawn,
(And once, in an arctic forest,
A white doe with her fawn).

Now as I look, they vanish; but
A child-to-be will stand
Here in my place, and find again
A window magic land;

Then run to our drift-round garden
Where already (as you know!)
My grown-up shadow follows
Her small one on the snow.

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MENSTRUATION
ALLY NECESSARY?

afe office buildings:
alph Nader report



Maud Adams:
CROCHET HER SHAWL
& make a lacy dress
See page 80

BURLINGAME
EASTON DRIVE
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Does she... or doesn't she?®



Does she...
or doesn't she?



Above: Grace Pelham in 1967. Below: Grace Pelham to
Her hair in beautiful condition, the color soft, young.

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Julius Caruso



The first thing people notice about you is your hair.

"Your hair grows up to ½" a month. By the time it's 6" long, it's one year old. If you're wearing it shoulder length, you've been wearing the same hair 2½ years. That's a lot of wear and tear.

Sharp bristled brushes, fine toothed combs, harsh shampoos, hot dryers, curlers, hair-sprays actually make the hair shaft wear thinner towards the end.

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When your hair looks older than you are, you look older than you are.

Fortunately, you can help turn back the clock with condition* Beauty Pack Treatment from Clairol. In 30 minutes this intensive treatment starts repairing years of damage.

You see, condition* has 4 times as much protein as any leading conditioner. It sinks right into the protein-deprived gaps in the hair shaft, adding new body and manageability.

It helps mend split ends, so your hair looks smooth and silky again.

And it adds a beautifully healthy shine.

condition* is more expensive than other conditioners, but it's a small price to pay to keep your hair looking young.

After all, if your hair looks young, isn't that half the battle?"







condition*

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BOWLINGAME
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WHAT'S HAPPENING

By Gene Shalit

Suddenly, WOMEN! Out of the plethora of male stars comes a new group of movie actresses with star quality. Also, a selection of the best new children's books.

Suddenly, woman.

From out of the shadows of non-bosom pals—Newman and Redford, Pacino and Caan, machismo matchups well-known and anon . . .

Suddenly, *Women!*

Liv Ullmann, Gena Rowlands, Ellen Burstyn bursting beyond background women's roles to a foreground of formidable performances.

The 1974 movie year ended with Gena Rowlands giving the year's best performance by an actress in *A Woman Under the Influence*. The 1975 movie year has begun with an impact portrayal by Ellen Burstyn in *Alice Doesn't Live Here Anymore*. Where Alice doesn't live anymore is Nowhere, New Mexico. She's married to a scolding, introverted, mind-inverted, truck driver who's never made the grade and who is killed in a highway collision. This transforms Ellen Burstyn (very early in the film) into a 35-year-old widow with Tommy, her 11-year-old son. As written by Robert Getchell and portrayed by Alfred Lutter, Tommy is a rotten, repellent wretch of a kid: foul-mouthed, spoiled, insufferable. Alice is unprepared for life alone, she is tormented by her weird son, she doesn't know how to make a living or what to do, so she packs her car and steers clear of New Mexico for Monterey, California—her girlhood home—dreaming of a new life as a pop singer, or in this case a mom singer. She and Tommy get as far as Arizona. She lands a job in a gin mill and sings Gershwin and Rodgers and Hart with a smokey quality I found artlessly appealing. (If that is really Ellen Burstyn, Warner Brothers ought to release it as an LP.) This dreamy piano bar interlude is corrupted by an amorous saloonatic who knifes into her life. She and Tommy flee to the next town. Finding no way to sing for her supper, she gets a job as a waitress in a hilariously disorganized eats joint. And before you can say "BLT down hold the mayo," she waits on Kris Kristofferson who's worth waiting for: settled, reasonable, trustworthy, kind, loyal, courteous, obedient—everything a script writer is desperate for when a screen play approaches two hours. Martin Scorsese has directed his characters with unrelenting insight, and Ellen Burstyn has infused her performance with a passionate weariness. So know this about *Alice Doesn't Live Here Anymore:* Alice lives.

Free-wheeling "B"

Okay gang, everybody who enjoyed *The Longest Yard* line up for *Freebie and the Bean*. It's an in-one-eye-and-out-the-other movie with lots of movement passing for action. Still, *Freebie and the Bean* does have three virtues: James Caan, Alan Arkin, and humor. Arkin (Bean) lunges along as a Mexican-American plain clothes cop who is scream-teamed with James Caan (Freebie). They're on the unmarked-car trail of a numbers racketeer who's become plumply prosperous from paying off police. When Freebie and the Bean discover that Detroit mobsters have a contract to kill their prey, they plot to keep him alive without his knowing it, so the movie becomes an incessant series of frenzied fights and wacky brawls, chases, crashes, collisions, collusions, and suspicions. Arkin is married to Valerie Harper (TV's Rhoda) and suspects her of being unfaithful. His snappish accusations and her snappy defenses give the film its smilingest sequence. For the rest, you'd better like automobile chases. *Freebie and the Bean* is an often funny, off-and-running free-wheeling B movie, which is all it aspires to B.

Relax and enjoy

The Disney people still know how to make imaginative adventure movies for children. In Disney's newest, *Island at the Top of the World*, Donald Sinden, the brilliant British actor, plays a London nobleman at the turn of the century who sets off toward the North Pole to find his lost son. He sails off with TV's teacher, David Hartman, who's been elevated to professor in a Jules Verne-like airship piloted by *(continued)*

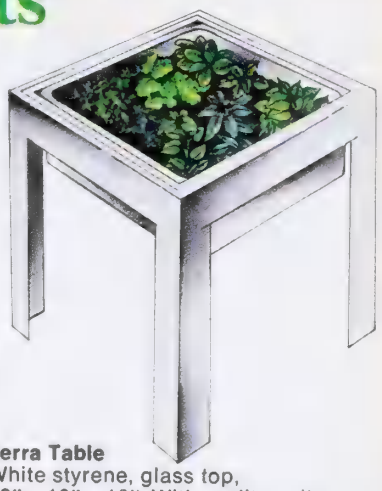
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Jacques Marin. The movie overflows with fiery volcanos, mysterious religious rites, frantic escapes, and spectacular scenes of a weirdly wild world of Vikings. It's all a pack of fun for kids, and if you don't think there's a happy ending you've already forgotten that this is from Disney. So relax and watch your youngsters have a good time.

What's going on?

According to my history professor, the French government of 1934 was toppled in part by a scandal precipitated by a swindler named Serge Stavisky. I don't know what happened after that because I dozed off in class . . . but I did not doze off during the movie called *Stavisky*. In the title role, Jean-Paul Belmondo is the epitome of elegance—debonair, calculating, his swindler's mind skipping seven leaps ahead of the swindlees. Using his role of theatrical impresario as a front, he builds a financial façade on charm, guile, and the corrupting of police, politicians and the press. The film gleams with the gloss of the 1930s: Stavisky's seductive wife Anny Duperey, whom he engulfs with flowers . . . and a baron whom he spellbinds into friendship—Charles Boyer in the year's finest supporting performance. Everything about *Stavisky* is just fine except that I had no idea what was going on. The plot presupposes an intimate knowledge of French politics. Still, there are the stunning gowns by St. Laurent, the music by Stephen Sondheim, the gorgeous dialogue, and the divine acting . . . so who cares if you can't figure out what they're saying? They're so good at *saying* it.

Children's books

With so much trash and ephemera sponging up a child's time, isn't it time to introduce *your* child to your nearby (or even farby) public library? Let every young person be a card-carrying reader. The secret passwords are "pleasure," "education," "fun" and "growth." Here are some recent books for under-twelves . . . including one that speaks volumes even though it doesn't have a single word: it's *Frog Goes to Dinner* (Dial) by Mercer Mayer, who has a gift for stories beyond words, perfect for children too young to read. *Frog Goes to Dinner* is about a pet frog who stows away in a little boy's pocket when the family goes to dinner in a fancy restaurant. Frog can't resist trouble and jumps onto the other diners' tables. It's a rollicking story for pre-schoolers and all frog freaks, of which I am two.

• *How Far Will a Rubber Band Stretch* (Parents'), by Mike Thaler with pictures by Jerry Joyner, is a treat for under-sevens. A little boy hooks a rubber band to his bed post and, holding the other end, sets off to see how far the rubber band will stretch: across the yard, across the ocean—by foot, plane, boat, train and camel—finally stretching it to the moon—until suddenly with a *TWANNNG!*, the tale comes to a satisfying snap ending.

• Good news for Richard Scarry fans. He has a new winner: *Cars and Trucks and Things That Go* (Western)—including limos, dump trucks, forklifts, and such practical vehicles as a pumpkin car and an ant bus. Is he popular? More than 25 million copies of Scarry's picture books have been bought in the United States alone. Which makes him a publishing wheel.

• *Owliver* (Windmill) by Robert Kraus, with h-owl-ing illustrations by José Aruego and Ariane Dewey, is about an owl whose father wants him to grow up to be a doctor and whose mother hopes he'll be an actor. But Owliver hoots at *those* notions and becomes a fireman. An alarming (charming) kind.

• While publishers continue to turn out hundreds of new stories for children every year, *The Little Engine That Could* (Platt & Munk) by Watty Piper, first published in 1920, still sells 100,0 copies a year, and continues high on t list of best-selling books for young ch dren. Many of you probably have go memories of the plucky little engine w got to the top of the hill against all od because he kept repeating "I think can, I think I can . . ." why not let yo children have it in their memories, to

• Thomas Rockwell's *The Portmante Book* (Little Brown) could be the d light of every child who has complain about having nothing to do. A portma teau was an old-fashioned traveling b that could be stuffed with all sorts things—and this *Book* is! There are 6 stories, plenty of poems, comics, recipe puzzles, mazes, and lots more—and a just right for 10-year-olds.

• What does a worm do in a corn fiel (It goes in one ear and out the other. Why did Silly Sally sell her alarm cloc (It kept going off while she was asleep If April showers bring May flowers, wh do May flowers bring? (Pilgrims.) Litt children giggle over riddles, and here a whole book full: *What? A Riddl Book?* (Scribner's), by Jane Sarnoff an Reynold Ruffins. Plenty of joyful groa ers in a zany visual presentation. **En**

GENE SHALIT RE-VIEWS

Airport 1975. Charlton Heston leaps into a 747 in mid-air to save Karen Black, his stewardess girl friend who is trying to drive the darned thing. He makes it, but nothing can save this movie. Jerry Stiller plays a passenger who sleeps through the whole movie. Maybe he thought he was playing a member of the audience.

Alice Doesn't Live Here Anymore. Ellen Burstyn delivers an impact performance as a what-do-I-do-now widow on the road in Arizona accompanied by her insufferable 11-year-old son.

Amarcord. Federico Fellini at his best. One of the finest films in years. Don't miss it.

The Apprenticeship of Duddy Kravitz. Richard Dreyfuss is admirably loathsome in this densely detailed story of a Sammy Glick in Montreal. A heavy film about a rotten kid on the make.

Bring Me the Head of Alfredo Garcia. Few movies are as tedious. Bring me the head of the studio.

California Split. Elliot Gould and George Segal are two of a kind: bet-on-anything Californians who win big in Las Vegas. Occasional fun with an empty ending.

Earthquake. Too many faults.

Escape to Nowhere. An action thriller involving British-Russian espionage. Intelligent, topflight entertainment.

Freebie and the Bean. James Caan and Alan Arkin as plainclothes cops obsessed by automobile chases. Lots of crashing tedium between the funny stuff.

The Front Page. Jack Lemmon and Walter Matthau in the 1928 comedy. Don't stop the presses.

The Gambler. This story of a college English professor who's a compulsive gambler is a mixture of Dostoyevsky and dice. James Caan's performance is a winner, but the movie is no big deal.

The Godfather, Part II. A masterful piece of work by Director-Writer Francis Ford Coppola, with notable performances by Lee Strasberg (making his film debut at 72), John Cazale, Robert De Niro and Al Pacino. Not as violent as Part 1, but richer, more textured, dense and disturbing.

Harry and Tonto. An endearing movi with Art Carney in a shining performanc

Lenny. Dustin Hoffman as Lenny Bru (who was a trial to his friends) acqui himself admirably; and Valerie Perrine striking as his stripper wife. Not total successful as a biography because it blunted instead of blunt.

Love at the Top. Jean-Louis Trintignan in an adult, adulterous, and insouciar (I've always *wanted* to use that wor French film about a young financier wh loses interest in banks and tries to cash i on beautiful women. Among those h checks are Romy Schneider, Florinda Bo kin and Jane Birkin.

Murder on the Orient Express. One of th starriest of all-star casts turns Agath Christie's mystery into a movie wort making tracks to see.

The Night Porter. Pretense and perversio in post-Hitler Germany. Dirk Bogarde effective in this sado-masochistic glo R rated but deserves an X.

Scenes From a Marriage. Ingmar Bergma unravels the lies and longings of a husban and wife in three hours of Swedish inter sity starring the practically incomparabl Liv Ullmann.

That's Entertainment. Some of the bes production numbers from some of the bes MGM musicals. All singing, all dancing all talking, all together now, *let's go!*

The Towering Inferno. Paul Newman Steve McQueen and a skyscraper that i highly (138 stories) flammable. Amon disaster movies, this one is matchless.

Young Frankenstein. Mel Brooks directe Gene Wilder, Peter Boyle, Marty Feldma and Madeline Kahn in a spoof that's mon strously funny.

A Woman Under the Influence. Gena Row lands—as a woman of benign madness gives the finest performance by an actres in the past year, and Peter Falk is brillian as her working-class husband who can' cope with her. As directed by John Cassa vetes, this is a most relentless film.

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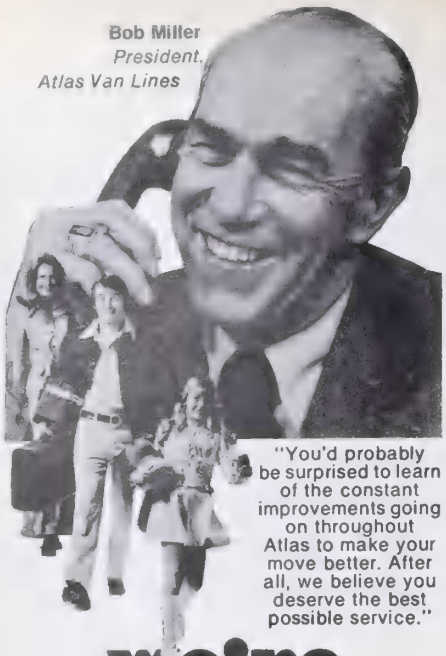
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EDITOR'S DIARY

By Lenore Hershey



News on "Women of the Year"

Save the night of Saturday, April 19th. That's when the third annual LADIES' HOME JOURNAL program of honors for women of achievement will culminate in a 90-minute CBS-TV live broadcast from New York, 10 to 11:30 P.M. This year, the program will be greater than ever and will be sponsored by a fine American company, Procter & Gamble. Joe C. Cates, producer of the last two TV programs, will again serve as producer, and I once more will be executive producer.

The WOMEN OF THE YEAR, 1975 will be selected by a process reflecting both reader and professional opinion. JOURNAL readers were asked in the February issue for recommendations in eight categories, plus a special international leadership award to celebrate International Women's Year, 1975. All recommendations on the reader ballots were screened by a distinguished jury.

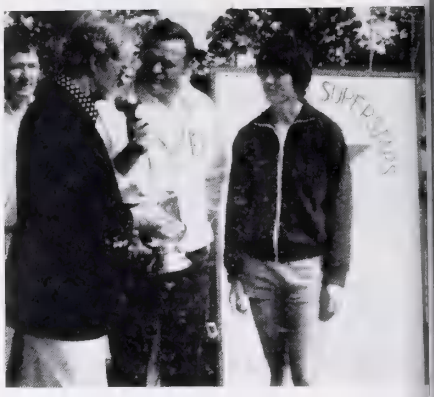
The jury for the 1975 Women of the Year awards consists of: Mrs. Catherine East—Citizens Advisory Committee, Status of Women; Margaret Truman Daniel—author and radio and television personality; Helen DeRosis, M.D.—psychiatrist, author; Sister Ann Ida Gannon—President, Mundelein College; Martha W. Griffiths—former congresswoman, lawyer; Dorothy I. Height—President, National Council of Negro Women; Lenore Hershey (Ex-officio); Margaret Hickey—Public Affairs Editor, LADIES' HOME JOURNAL, Chairperson; Kathy Kelly—President, National Student Association; Frances Kolb—NOW representative; Eleanor Lambert—Fashion authority and syndicated columnist; Mrs. John L. Loeb—New York City Commissioner for the U.N. and for the consular corps; Mrs. Carroll E. Miller—President, General Federation of Women's Clubs; Dr. Dixy Lee Ray—Chairman, Atomic Energy Commission; Margot Sherman—immediate past-President, board of directors of Women in Communications, Inc.; Ellen Straus—Founder, Call for Action; Margaret B. Young—Chairman, Whitney M. Young, Jr. Memorial Foundation, author.

A New American Tradition

The JOURNAL's Women of the Year program moves into its third year with a heritage of both glamor and solid recognition of women's contributions. This year's crop of nominees includes representatives of the trend toward fem political leadership; a new educat category, and some grass-roots can dates who have distinguished the selves in humanitarian and commun service. With the CBS television sh expanded to 90 minutes, and the pro ise of an added international dimensi the JOURNAL's Woman of the Year, 19 event looks like another winner . . . all women everywhere.

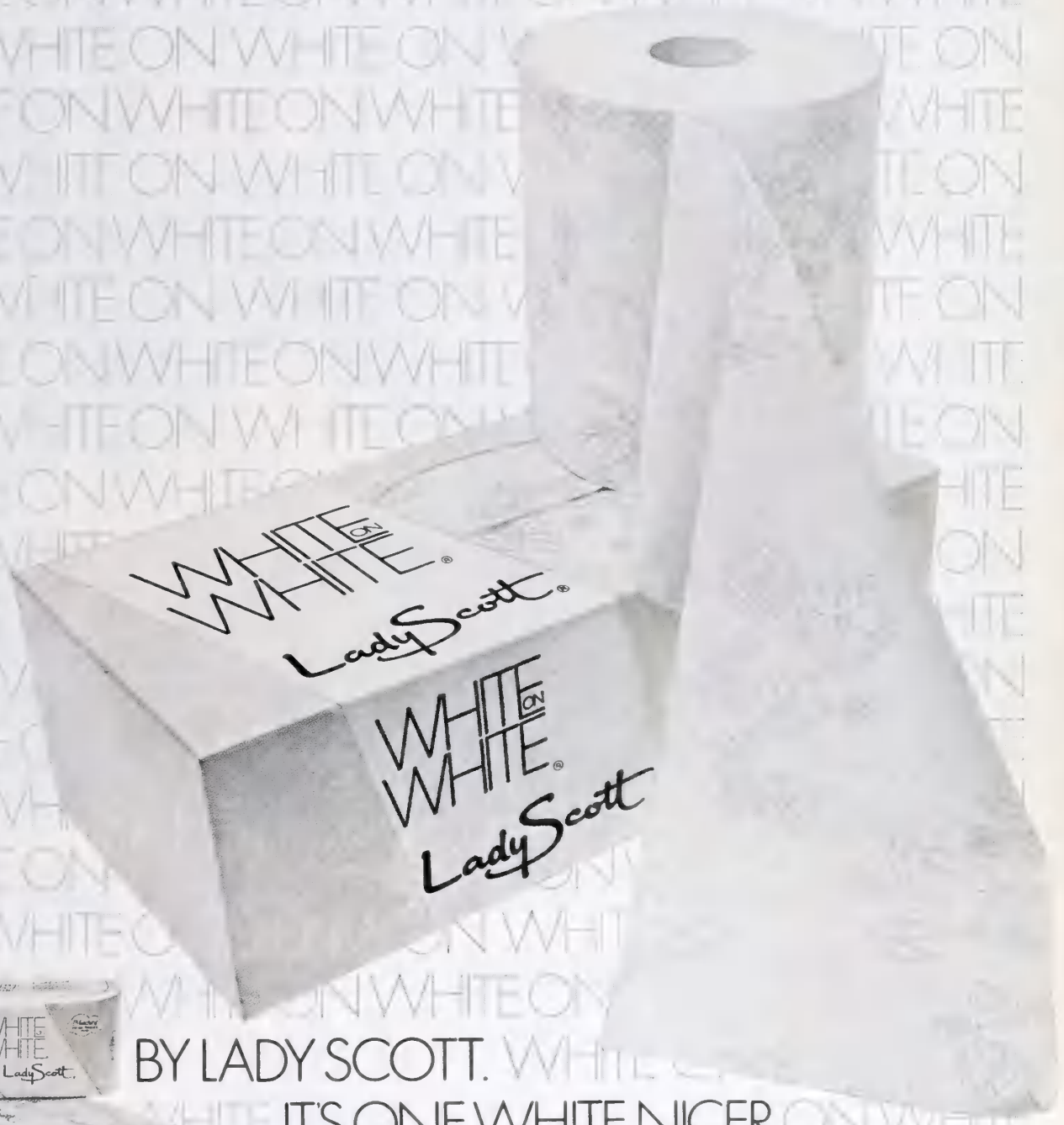
The Women Superstars

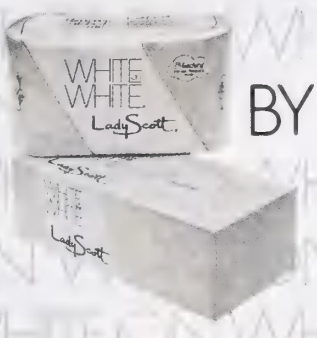
The JOURNAL believes in sports achiev ment for women. That's why it spo sored the first 'Women's Superst championship, in which 11 finalists co peted in various events to make a gre ABC television show—and to create ne opportunities (and cash rewards) f women athletes. Many new heroin were created: Hawaiian surfer Lau Ching, basketball player Karen Loga Olympic diving star Micki King, now Air Force coach, and Wyomia Tyu Olympic track star. But the winner w 5′ 11″ Mary Jo Peppler, a thoughtf volleyball star, who becomes a JOURN contributing editor next month. Wh did this three-day event in Rotund Fla., prove about women in sport Three things: that female athletes ha arrived, that the public likes to wat them (the TV ratings were excellen and that in many events, their perfor ance met and even outdid the recor set by men. (Mary Jo Peppler, for e ample, was only three seconds behir the top oarsman in the male events "That's not the point, though," sa Mary Jo. "We should compete, con dently, as women."—L.H.



Ladies' Home Journal publisher Loui Porterfield, holding microphone, pre sents trophy to the U.S. #1 woma Superstar, Mary Jo Peppler, on wide ly acclaimed ABC-TV sports special.

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LADIES' HOME
Journal
VOL. XCII, NO. 4
APRIL 1975
NEVER UNDERESTIMATE THE POWER OF A WOMAN•



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Dear Rick,
How about fighting me off for a change?!
Happy Hai Karate!
Love,
Joanne



CAN THIS MARRIAGE BE SAVED?

By Dorothy Cameron Disney

A house isn't always a home, but for Elizabeth it was. After 10 years, she'd had enough of her husband Rod's unkept promises to build a house for her and the kids.

Many intelligent men and women are under the mistaken impression that expressing anger is dangerous and destructive to a marital relationship. In the case described here, Elizabeth had been brought up always to swallow her feelings of anger, hurt or frustration. As a result, she lived for ten years in a house in which she was utterly miserable. Rod, her husband, was disappointed with her; he considered her wishy-washy, even insincere. But Rod also was afraid to express his dissatisfaction. So the two of them lived together unhappily, with no give and take, denying each other the confidences that strengthen and nourish a marriage relationship. Elizabeth finally recognized that something was wrong, and she and Rod came to a counselor at the American Institute of Family Relations. Slowly Elizabeth began to understand that her husband wanted a partner, not a doormat, and Rod learned how he was contributing to their mutual unhappiness. If we could free our children from the fear that so many of us have of expressing our emotions, I'm certain that there would be a great many more happy, mutually rewarding marriages.—The counselor in this case was Dean C. Smith.

PAUL POPENOE, Sc.D.,
Founder and Chairman of the Board,
American Institute of
Family Relations

Elizabeth talks first

"Twice during dinner that evening, Rod promised we would begin building our home immediately," said 38-year-old Elizabeth, mother of five and personnel director at a local junior college. A tall woman with a coronet of thick brown braids, Elizabeth spoke in an unusually serene voice. "In a week or so, Rod promised me, he would locate a reputable contractor and see to it that construction got under way.

"For ten years now—*ten years!*—Rod has been making similar promises to me and our daughters. But the house of our dreams still consists of an uncovered hole in the ground with a spectacular mountain view—plus a furrowed slope of raw earth, an unfinished concrete foundation and assorted piles of lumber, bricks, flagstones, etc.

"While the girls and I sweat out Rod's endless dillydallying, we are living—or, rather, existing—in a three-room shack perched on the edge of the lot alongside a rickety garage. Until last September, our eldest daughter, Betsy, slept on a cot in the garage. Then she ran off and married a boy she hardly knew to escape the privations of the garage. Anyhow, that's why I think she ran away. Rod and I haven't discussed it. I avoid unpleasantness and arguments with him, but then I am likely to turn around and scream at the girls over nothing. Our dismal living conditions have wrecked my disposition where they're concerned.

"Rod and I aren't poverty-stricken. We can afford an attractive home. He earns approximately $19,000 a year as a real estate assessor; I earn $11,000 from my job. I took the job—sacrificing my free time and the opportunity to be a real mother to my children—so we could finance the house. I have been able to accumulate nearly $20,000 in our building fund, and it kills me to see inflation erode my savings while we live like fugitives from Tobacco Road.

"The roof of the shack leaks, the paint is peeling, the plumbing is forever on the blink. Our dining room table, an heirloom I inherited from my grandmother, is crammed beside a stove-sink combination which in turn is crammed into a corner of what used to be a living room of sorts—before Gail and Mary, our middle daughters, converted the space into sleeping quarters. Our 12-year-old twins share a built-in bunk and squabble daily about who should make it.

"Not long ago I caught our seventeen-year-old daughter Mary going into the local bar to meet her boyfriend. She swore it was a one-shot visit, and that it would never happen again. I didn't mention the incident to Rod. He wouldn't care. Our sixteen-year-old, Gail, has no boyfriend and blames us. Last year she wasn't pledged to a sorority and she blamed us for that, too. The twins begged so hard to hold a slumber party that I finally rented a cottage on the beach for a single night so they could have it.

"Our lot is located in an upper-class area of beautifully landscaped, expensive homes, $100,000 and up, and our squalor is a public disgrace. Last fall the health department ordered us to cut the weeds and brush growing on the property or face arrest for maintaining a fire hazard. I know one of the neighbors filed a complaint. Naturally, Rod and I have made no friends in the community; I'm actually ashamed to speak to anyone.

"Nobody in our family can count on any privacy. Rod and I have a bedroom, but it serves as a passageway to the only bath. At every hour of the night or day the girls troop in and out. Several years ago sex virtually disappeared from my marriage—once too often our door banged open unexpectedly. Late one night the twins burst in at the worst possible moment. One of the girls switched the light on—then they stood and stared with fascinated amazement until I came to my senses, leaped up, grabbed a robe and shoved them out. For the rest of the night I heard them giggling and whispering.

"Then and there I told Rod I was through with lovemaking until the construction of our home was complete—until we had a master bedroom with a stout lock on the door. For six months I stuck by my resolution. I hoped the lack of sex would spur Rod to build the house. But abstinence had no effect on him; I was the one who felt deprived. Eventually, we resumed our sexual relationship, but on an erratic, unsatisfying basis.

"Maybe I tolerated our living conditions for so many years because I wasn't brought up to fight with my husband. My timid little mother never raised her voice to my loud-mouthed, bad-tempered father; she used to tell me patience was a woman's weapon. So again and again I have patiently explained to Rod my need for a decent home—and our daughters' great and desperate need—although I had the impression I wasn't reaching him.

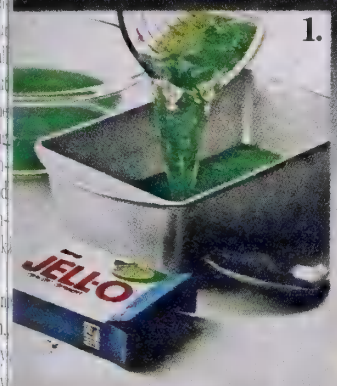
"Even if arguing were my style, Rod makes it practically impossible. We haven't ever had a knock-down, drag-out battle on the subject. He always agrees I'm in the right and then faithfully promises that he will get at the project right away. And somehow I continued to trust him.

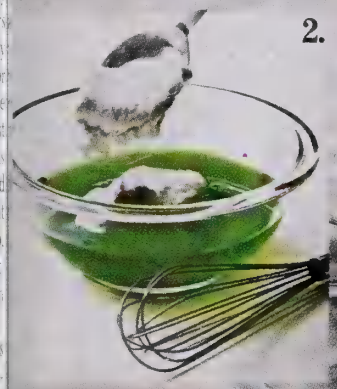
"Suddenly one night just before Easter, with the holidays almost upon us and the prospect of the four girls out of school and underfoot, something snapped inside me. I real- *(continued)*

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest marriage-counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations, and other minor details have been altered to conceal identities.

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ssolve gelatin in boiling water. cold water and peppermint ex-. Chill until slightly thickened—t 1½ hours. Prepare whipped ng mix as directed on package. ure 1¾ cups gelatin; pour into -inch loaf pan, and chill about 5 tes.

end prepared whipped topping he remaining gelatin.

refully spoon one-third of the ny mixture into the pan. Sprin-ith half the cookie crumbs. Re-these two layers and spoon the ining creamy mixture on top. until firm—about 4 hours.

4. Unmold. Garnish with additional whipped topping and cookie crumbs, if desired. Makes 6 cups or 10 to 12 individual servings, as shown.

Ingredients

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2 cups boiling water
2 cups cold water
¼ teaspoon peppermint extract (optional)
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8 chocolate cream-filled cookies, finely crushed

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ized I had lost all faith in Rod and in his promises. I no longer believed we would ever have a comfortable home, a home we could be proud of.

"My feeling of disbelief in Rod, a strange, harsh feeling—new in my experience—swept over me in waves. I wanted to scream at him that he had wasted ten years of my life and our daughters' lives by forcing us to live like slum dwellers when it wasn't necessary. I wanted to upset the table and smash the dishes. I wanted to hit him, to hurt him as he had so long hurt me with lies and procrastination.

"Naturally, I did no such thing. As usual, I managed to swallow my rage and walk outside. My head was pounding, my stomach was heaving—I felt deathly ill. Gradually my calm returned. I decided I was through with talking to Rod. Talk was useless.

"When I went back inside, Rod was nowhere in sight. I found a large piece of cardboard, wrote a message on it in crayon, then taped it above the sink. It read:

"The mother of this household intends to leave this dump during Easter week. Regardless of the expense she will move into the kind of decent living quarters the father of this house has failed to provide. All children are invited to accompany their mother and are guaranteed nice big bedrooms."

"Next morning Rod made his coffee at the sink as usual. I'm sure he saw my proclamation, but he didn't mention it. One by one, the girls spoke to me in private applauding my long-delayed declaration of independence and joyfully offering to pack at once. Last Saturday I found a satisfactory three-bedroom apartment—the rent is sky-high, of course—but I haven't signed a lease yet. I hate to break up my marriage and leave Rod without giving him one last chance, but I'm afraid that if I wait I might lose my nerve and let him con me one more time.

"I have sacrificed a great deal for Rod without complaint. I dropped out of college and worked for two years in the dime store so he could study full-time for a degree. Later I earned my own degree by bits and pieces. We have five daughters, more children than I ever planned on, because I felt that Rod wanted a son. We had a son, but he died of a brain tumor at the age of eighteen months.

"At that time we were living in a fairly pleasant house in a suburban development—among scores of other young couples with growing children.

"After our baby boy died, I suggested that a change of scene might help us in our grief; I thought we would invest in another house—perhaps one slightly larger, in a better development. But when Rod said he yearned to own a hillside lot and to design our home himself—an ambition that came as a big surprise to me—we bought the property we live on now.

"Unfortunately, the shack into which Rod moved us was already there. From here on I'm afraid Rod must occupy it by himself—unless he chooses to accompany the girls and me to a livable place."

Rod's turn to talk

"We've run into a string of real bad luck in building our house," said 39-year-old Rod, a huge bear of a man with well-brushed blond hair, a neatly trimmed beard and guarded gray eyes.

"I can see now that Elizabeth and I should have moved to an established development instead of trying to start from scratch. Or we could have just stayed in our old neighborhood—which would have suited me fine. But after we lost our boy, Elizabeth was wild to move and I agreed. I'd always had a secret hankering to design and build my own house, although I'd never mentioned it. The sleazy, cookie-cutter methods of modern construction don't appeal to me and I was eager to try a few innovations. I should have been more cautious. No doubt I was too anxious to test my skills, having had a little more experience than the average do-it-yourself guy. My father and uncle were both carpenters, and as a little kid I used to help them on occasional weekend jobs. It was Dad's great ambition that I become an architect. Before I met Elizabeth I took a few architectural courses, but I couldn't hack it—too much math. So I switched to the liberal arts curriculum, picking all the snap subjects available. Even so I barely managed to graduate.

"It wasn't long before I found out I hadn't learned nearly enough about architecture and construction to cope easily with modern building regulations or to speed up the nit-pickers and foot-draggers on the zoning board. The board ruled that we couldn't build a second house on our lot until we tore down the cottage, meaning we would have nowhere to live in the meantime. But after months of negotiations, we finally settled that dispute. Next, the bank refused me a loan unless I hired a licensed contractor I didn't need or want. Most licensed contractors won't work with an unlicensed man. The first one went bankrupt and my next one conned me into giving him a sizable loan and then skipped the country.

"I've made repeated design changes to satisfy the building code. Each time, more changes were demanded. The delays were annoying, of course, but to tell the truth I didn't mind the work. I've enjoyed it. It's my recreation.

"Frankly, I can't see that roughing it does any harm to youngsters. My oldest daughter and her husband cook and sleep in a beat-up camper and enjoy themselves. Right now Liz and I are living in a better house than my mother ever had. My father was killed in an industrial accident when I was ten years old and afterward Mom had to support me and my brothers and was glad to have any roof over her head."

Rod sighed. "I admire my mother as much as any woman I've ever known. Sometimes I wish Liz and Mom were more alike. Mom took no guff from anybody—and she handed out none. She used to cuff me and my brothers around and tell us what was what, even when we were twice her size. She was honest, she was sincere and you always knew where you stood.

"It's true that Elizabeth and I have run into more trouble than I anticipated when we began to build. But until quite recently Elizabeth was always patient and understanding about the delays and hang-ups—or she seemed that way.

"Now, all of a sudden, she is threatening to move out with the girls. I doubt she is in earnest. It's my guess that she's trying to scare me. All the females in my household are born actresses; they rarely seem to say anything they really mean. Consequently, I don't waste time listening to any of them, my wife included. After nineteen years of marriage, I very seldom know how Elizabeth really feels about anything. Not once has she ever gotten mad and bawled me out, although I'm certain I've sometimes made her angry. Sometimes I do it on purpose—out of pure cussedness.

"One evening quite awhile back, she plopped down on my lap while I was reading the paper. I knew she was feeling amorous, but I was tired and interested in the news. So I raised my paper straight up in the air above her head and went on reading. She stiffened and slid off my lap at once, but out of the corner of my eye I could see that she was still smiling sweetly, as though I'd done her a favor.

"She often smiles in that sugary, unconvincing way when I'm sure she is boiling mad inside. Our daughters have caught the trick from her. Elizabeth has a temper, I know. Frequently I've come home from work to find her yelling at the girls or vice versa. Several weeks ago I walked in on a slam-bang battle with the five of them screeching at each other. But Liz must have heard my footsteps because a sudden silence fell and all five grew still as mice. A moment later they pranced forth to greet me the way Liz has taught them, grinning like those girls in toothpaste advertisements. I was so dejected by the insincerity, I just walked outside. *(continued)*

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HIS MARRIAGE
ntinued

'Elizabeth says the neighbors are un-ndly. But several years ago, when it ned out our lot was the wrong shape the split level I then was working , a neighbor traded me four feet of his perty for three feet of mine. I was ateful, but Liz interpreted his gen-sity as a bribe to get us to hustle up h our place and quit downgrading neighborhood—a twist in logic that s beyond me.

"If Elizabeth is determined to lease igh-rent apartment and squander our ilding fund, I can't stop her. But I al-ys thought she wanted a nice house th plenty of space and a terraced rden—the kind of house I now have my drawing board."

The counselor's turn

"The craving for a home that reflects individual's personality, tastes and style is a basic human need," the unselor said. "This couple's living con-ions weren't as deplorable as pictured Elizabeth—I visited their hillside one ny afternoon—but they were a good g way from being as acceptable as d fondly believed.

"A stubborn, taciturn man, he was oring the reality that time was pass-; while the possibility rapidly dimin-ed that he would or could ever de-n and build a home that suited him every particular, satisfy the zoning ard and was also in the family price ge.

In his pursuit of an unreal ideal, he s cheating Elizabeth and his daugh-s. Every weekend he devoted all his ure hours to a life of rosy fantasy at drawing board while his wife and ghters moved around him like shad-s, unseen and unheard, unimportant.

'Elizabeth wasn't temperamentally lined to prod and pressure Rod or ybody else. For years she had let him away with his self-absorption and fishness in order to keep the peace. In psychological tests my clients take, scored at the top of the "friendly rmat" category. During our early sions her smile was unfading—fre-ently she smiled through clenched th—as she described her pain at liv-; conditions that had destroyed her ppiness and sadly affected her nerves l health.

'If her ramshackle home had been best and largest the family could rd, she would not have felt the way did.

'In that case she felt that they would dly have been plunked in their shack the middle of an expensive neighbor-od where she and the girls were too barrassed to seek friendship for fear rejection. Also, Rod would have main-ed and kept the place in reasonable repair instead of allowing the roof to cave in and the foundation to sag on the mistaken theory he would soon tear the place down.

"An only child, Elizabeth was trained to smother unpleasantness and dissension with soft words and soothing smiles. To a large degree, she hid her desires and true feelings, yet expected to be understood and have her wishes granted. Instead of standing up for her rights, making emphatic and justified demands on Rod, she remained passive. She dropped little hints and tried gentle, subtle persuasion instead of direct attack.

"Subtlety and tact were wasted on Rod. He grew up among five noisy, brawling, aggressive brothers who made their sentiments eminently clear—with equally tough-spoken, quick-fisted Mom as family referee.

"Although he was unaware of it, Rod harbored a fair amount of hostility toward women—his mother was his idea of what a woman should be. If Elizabeth suggested he get on with the building project in a manner that indicated she would wait indefinitely in patience, he took her at her word. Long ago he had tuned out his wife as baffling, uninteresting, insincere—and with some justice.

"Well-adjusted married couples need to confide in each other, this means exchanging positive *and* negative feelings. It was almost impossible for Elizabeth to unearth and express her deeply buried anger at Rod, even in counseling. At home, when she tried yelling at him, he laughed, but for the first time in years he began to listen and become aware of her.

"Moreover, as a result of our counseling, she was able to carry through her previously announced rebellion and to move out. However, to Rod's surprise, instead of renting that apartment she and their daughters moved to a motel. After one weekend they concluded their pleasant stay, returning to the hillside when—to Elizabeth's delight and amazement—Rod readily agreed that they could buy a home as soon as possible.

"After a few weeks, they found a suitable house with a stunning, marvelously private master bedroom, Liz tells me. She also says their sexual relationship has greatly improved. The girls are pleased with their rooms and have begun to invite newly made friends to sleep over.

"Rod is still holding the hillside lot as an investment. In fact their eldest daughter and her husband have moved into the cottage and have made a number of improvements. Occasionally Rod speaks of someday turning the place into a retirement home for himself and Liz. But she says 'Never!' —and I suspect she means it."

End



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THE WORKING WOMAN

By Letty Cottin Pogrebin

Working in communications has a certain glamour. But for women, it also means a tough fight for equality.

Journalists in newspapers, television and radio are among our most visible working women. And their battle for fair treatment and parity is being fought with a double-edged sword: they want equal job rights for themselves—*and* equal coverage of the news on behalf of the female half of the population. Here's a frankly subjective report on their progress.

In old movies like *His Girl Friday* and *Woman of the Year,* female journalists chased front-page scoops. Today they're making headlines of their own. For example:

THE NEWSPAPER GUILD VOTES TO END PAY DIFFERENCES. It is well-documented that general reporters often receive up to $80 per week more salary than "society" or "women's page" writers. In a March, 1974, vote, the journalists' labor *(continued on page 20)*

WOMEN ON THE TUBE: FOUR INSIDERS REPORT



BARBARA WALTERS
Co-host, the Today *show, NBC-TV.*

"I was working in this field before the women's movement began, so women's liberation is not responsible for my past experience or for getting this job.

"However, over the past few years the women's movement has made a real difference in raising the consciousness of news departments, in on-air coverage and in creating a general climate of equality.

"I notice that younger people like Jim Hartz have no trouble accepting me as co-host, while an older man like Frank McGee did.

"When young women write to me they often say that my experience is an example to them.

"They think, 'If Barbara could do it, so can I.'

"But they eventually learn that it can't be done without hard work. The women's movement just makes that still very steep hill a little easier to climb."



SYLVIA CHASE
CBS-TV newswoman and co-anchor of Magazine, *the daytime news special.*

"The network doesn't really take us seriously. They were nonplussed when we did a provocative segment on unnecessary hysterectomies and a supermarket walk-through that pulled thousands of letters and took a 22 percent share of the viewing audience. Most documentaries earn only 10 percent. Cronkite pulls 25 and the big soap operas average 30.

"Soap operas are successful because they deal with real social issues: marriage, divorce, financial crises, rape. We've shown that these subjects can be handled in a news fashion.

"Right now, no female at the network has enough experience to run this show so we have a male executive producer. But all the associate producers are women. It would surprise me greatly if any men were producing women's interest television shows three years from now."



LESLEY STAHL
CBS network news correspondent.

"There is a very visible equal employment opportunity policy at CBS, and most of the on-camera reporters hired recently are female. In Washington we have women producers doing the morning news, weekend news and *Face the Nation.*

"We get equal assignments with the men except for something like an interview with Betty Ford. A woman would always be sent to cover that. But I don't get pigeonholed into covering fashion, schools or food. We've often been criticized for not doing *more* women's interest stories. It's really that we don't do much 'soft' news at all. We didn't pay attention to the subject of mastectomy until Mrs. Ford and Happy Rockefeller had one and it became 'hard' news.

"When Watergate was seemingly a simple robbery, I was assigned to the story. During that period I was an apprentice. As events developed, Daniel Shorr and later Fred Graham were put over me as number one reporters on the Watergate story. But I feel that was because of my inexperience, not my sex. During the 1974 elections I was the West Coast anchorperson and I believe the network actively wanted a woman for the job. To be honest, being female at CBS has been a real asset for me."



BETTY FURNESS
WNBC-TV (New York City) Consumer Affairs Director.

"I've had eight careers—modeling, movies, theater, commercials on TV, government service, public service TV, magazine writing and now TV news. As a performer, I had no trouble with sex discrimination because I only wanted to play girl parts. But when I tried to get into television news in 1960, they wouldn't hire me for two reasons: I was too associated with Westinghouse commercials and I wasn't a journalist. It took me years to realize there was a third reason: I was a woman.

"In 1966 I went to Washington as Special Assistant to the President [for Consumer Affairs] and I became someone else—a specialist. After that, WNBC-TV hired me as its Consumer Affairs expert so I'm finally a television newswoman after all. I do two segments on the evening news. I answer consumer letters, introduce a related film piece, handle complaints and write my own material.

"I love television and I love my subject. But when Jim Hartz, the evening news anchorman, moved to the *Today* show, I asked NBC to consider me to replace him as anchor. I've never had an answer from them. I suspect that my age has a lot to do with it. I'm only ten months younger than Walter Cronkite, but it's probably too late for them to build me up as a network personality. Older women just don't sell."



SIX AWFULLY GOOD REASONS WHY MORE WOMEN BUY CHEVELLE THAN ANY OTHER MID-SIZE CAR.

1. Room you can handle nicely.

Chevelle is a beautiful combination.

On the one hand, it's large enough to give you a definite sense of security, with room for six people.

On the other hand, it remains a neatly, manageably sized car; one that's both easy to drive and easy to park.

2. Clean, classic styling.

Your car says something about who you are. Chevelle says something *good* about who you are.

It's that simple.

Chevelle lines are clean and trim.

It is stylish, but not gaudy. It is comfortable, but not opulent. It is poised, but never pretentious.

It is, to repeat, your favorite mid-size car.

And why not? It speaks so highly of *you*.

3. 801 fewer gallons of gas to go 50,000 miles.

The Environmental Protection Agency ran Urban Driving Tests emphasizing stop-and-go city-type driving. We ran proving ground tests emphasizing suburban-type driving.

They show that over 50,000 miles—about four years' average use—a '75 Chevelle 350-2 V8 using unleaded gas with the new Chevrolet Efficiency System could use *801 fewer gallons of gas* than a '74 Chevelle using leaded gas.

Imagine what that could mean in terms of dollars and cents.

It is, we think you'll agree, a step in the right direction.

4. Less hassle with oil changes and the like.



If you don't enjoy taking your car in for recommended service, you'll enjoy this.

In '74, we recommended an oil change and chassis lubrication every 4 months or 6000 miles. Now it's every 6 months or 7500 miles.

Last year, we recommended new spark plugs every 6000 miles. Now it's 22,500 miles.

Now your oil filter can be changed less often. And now you don't even *need* points or ignition condenser. Ever.

Another step in the right direction.

5. $348 less maintenance expense.

While maintenance prices vary, we used current list prices for parts, $11 an hour for labor, and found this: If you follow the Owner's Manual for recommended service, a '75 Chevelle V8 could save you $348 in 50,000 miles over a '74. 348 steps in the right direction.

6. A beautiful, sensible choice.

Chevelle, happily, is not one of a kind. You'll find many to choose from, coupes, sedans and wagons.

The distinctive Malibu Classic is shown above. Laguna Type S-3 is our sportiest Chevelle. And the Malibu Six is America's lowest priced mid-size car—based on Manufacturers' Suggested



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Chevelle. The American woman's favorite mid-size. For a lot of good reasons.

Test drive one soon, won't you?

CHEVROLET MAKES SENSE FOR AMERICA

Chevrolet





Pizzarama starts with San Francisco's Rice-A-Roni

Prepare 1 pkg. Beef Rice-A-Roni according to directions. Spread on 12" pizza pan. Bake 5 min. in 450° oven. Top with 1 (7¾ oz.) can spaghetti sauce, 8 slices of salami and Jack cheese, 1 small can sliced ripe olives, drained, 1 small can sliced mushrooms, drained, 2 Tbsp. grated Parmesan cheese and 1 Tbsp. minced parsley. Broil until cheese is melted.

WORKING WOMAN
continued

union decided that it would no longer permit such wage differentials.

WOMEN AT "NEWSDAY" FILE EEOC COMPLAINT. The Long Island (N.Y.) paper has been charged with sex discrimination in training, recruiting, hiring, promotion, job titles, pay, fringe benefits, story and travel assignments.

CALIFORNIA PAPER FOUND GUILTY OF SEX BIAS. An EEOC investigation determined that *The Sacramento Bee* files job applications by sex, asks only female applicants about their marital status, advertises for employees in sex-segregated want ads and denies female reporters certain types of assignments.

ASSOCIATED PRESS ACCUSED BY WIRE SERVICE GUILD. The union's EEOC complaint charges AP with a "pattern of failure" in recruiting and hiring minorities and women. AP denies the charges despite its own 1974 figures: Total—1,719 males, 321 females; among AP's officials and managers—225 males, 5 females; professional newspeople—883 males, 126 females, and no female general executives or bureau chiefs. (The Guild has not yet gone after United Press International, whose 178 women are outnumbered by 1,115 men.)

WOMEN (AND MEN) HAVE PROBLEMS AT SEATTLE "POST." The EEOC will take The Seattle *Post* to court for discriminating against women in work hours, hiring, promotions and maternity policy—and for denying men the same lounge facilities and rest periods provided women.

NATIONAL ORGANIZATION FOR WOMEN CONFRONTS N.Y. "DAILY NEWS." NOW representatives presented a report on sexism in The *Daily News*, which agreed to treat Women's Movement news seriously (highlight stories about day care, abortion and job rights; ban writing that demeans or trivializes women ("lady lawyer, lib chicks, broad, dame, spinster," etc.); and to beware of name-usage double standards (i.e., "Nixon Assures Golda" or "Riggs Meets Billie Jean").

EEOC BACKS WOMEN'S CHARGES AGAINST WASHINGTON POST. Despite its woman publisher, Katharine Graham, the *Post* has been found to exclude married women from upper-level jobs and to discriminate in the training, pay and promotion of women.

As the pressure builds, there are sure signs of progress in print. New kinds of women's-interest columns—Audrey Gellis' "Call Me Ms." (Copley Syndicate), Gene Corea's "Frankly Feminist" (*New Republic* Features), Ellen Cohn's "The Liberated Woman" (N.Y. *Daily News*)—are reaching millions. Colleen Dishon, owner and editor of *Features and News*, services 30 papers with articles on farm women, male breast cancer or single people's tax problems—welcome relief from fashion and beauty stories. "One Woman's Voice," a syndicated wee column written alternately by 11 wor of the caliber of Clare Boothe Luce, A gail McCarthy and Marian Anderson being picked up by 90 newspapers.

A few examples of employment gai Christy C. Bulkeley is now editor a publisher of *The Saratogan* in Sarato (N.Y.), and Gloria Biggs now holds same post at *The Evening Times* in M bourne, Fla. Annette Samuels was pointed Executive Editor of Commun News Service (the only black and Pu to Rican news service in the countr and Charlotte Curtis is editor of T *N.Y. Times* Op/Ed page.

Women in broadcasting

The networks have recently beg to run specials on women in histo sports, consciousness-raising grou Marlo Thomas' *Free to Be . . . You a Me* offered children a future witho rigid roles; *Rookie of the Year* was special about a Little League girl; B Myerson and Marlene Sanders cover sex stereotypes in movies, TV, boo toys and ads; and Barbara Walters hosted a prime-time documentary men and women.

In Boston, Buffalo, Trenton and el where, local stations have turned an e tire broadcast day over to women conjunction with women's rights ma thons. In Memphis, a National Wome Network will create vast opportuniti for women entrepreneurs to invest mo ey in cable TV and to utilize channels publicize women's events. In San Fra cisco, a cable program on day-care a a film biography of an 86-year-old wo an show what can be done on a free a cess channel.

Birth control, racism, rape, chi custody, self-defense, wife-beating, i flation, women's humor, TV violence a the kinds of subjects covered by on-a women such as Phoebe Friedma (KBOO, Portland, Ore.), Miriam Goo man (KFRC, San Francisco), Co Weiss (WRVR, New York City), Eunic West (WCVB-TV, Boston) and Xernon Clayton (WAGA-TV, Atlanta).

Sexist language and neglect or rid cule of women's subjects are being cha lenged on all fronts. The Radio Code Re view Board has warned broadcasters t eliminate sexist stereotypes and patron izing descriptions of women's events The Corporation for Public Broadcastin admits that the broadcast media hav been a "major influence" in perpetuatin prejudice against women and ignorance of female contributions. This influence is seen most blatantly on WABC-TV (New York City) which devoted only 12.7 percent of 1972 air time to substan tive women's issues or politics; when the Equal Rights Amendment was passed by Congress, WABC-TV didn't mention it; and on WRC-TV (Washington, D.C.) where an anchor *(continued on page 34)*

Equasion by Coty.

You shouldn't do less for your skin. And you shouldn't pay more.

There's nothing beautiful about paying too much to stay beautiful. Equasion is, possibly, the finest, most advanced line of treatment products available anywhere. But at prices that won't add worry lines.

Equasion is a complete treatment collection. Everything you require for a comprehensive skin care program. From around $3.00 to $7.00 per product.

In fact, we're so confident Equasion can do incredible things for your skin, we'll send you three of our Equasion Fresh Peach products, so you can see and *feel* for yourself. A $6.90 value* for just $2.00.

Equasion Fresh Peach Moisture Cream. Combines the luxurious conditioning of peach kernel oil with the extra moisture and protection of rich Hydrolyzed Protein.



Equasion Fresh Peach Wake-up Gel. A unique 30-second morning cleanser with peach kernel oil to refresh, cleanse, and tone-up your skin.

Equasion Fresh Peach Moisture Mask. The natural conditioning of peach kernel oil in a 10-minute cleansing, stimulating mask.

*Versus regular price per oz.

Just $2.00. Spend a lot less and prove you don't have to spend a lot more.

Mail this coupon to P.O. Box 59, Baltimore, Maryland 21203. Please send me your offer of three 1½ oz. Equasion skincare products.

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Enclosed: Check ☐ Money Order ☐ For $2

Maryland Residents add: $.08 Tax.

Allow four to six weeks for delivery. Offer good only in continental U.S.A. Offer terminates October 30, 1975.

L

:oty, New York



PRIVATE SCREENINGS

see page 88

Pair of 3-panel folding screens (each panel 85″ high, 18″ wide), you need:

115′ of 1″ x 2″ clear pine, oven dried
3 sheets of Upson board, 8′ x 4′
6 pairs of double-action hinges with screws
Glue, 2½″ finishing nails, putty or plastic wood, and sandpaper

Cut the pine into twelve 85″ lengths for uprights (two for each panel), and twenty-four 15″ lengths for crossbars (four for each panel). The top-most crossbar is fitted along narrow edge of two uprights with top edges even. The bottom bar is fitted between the uprights with its lower edge 1″ up from the bottom ends of the uprights, leaving 1″ legs. The other two crossbars are fitted between the top and bottom crossbars, with equal space between. Glue crossbars in place, starting at the top. Use the corner of something you know is square as a guide when gluing the first corner, so that frame will be straight. When the glue has dried, use one finishing nail at each joint: start the hole for the nail with a drill, countersink the nail, fill in the hole and sand it smooth.

Cut 84″ x 18″ panels of Upson board to fit the frames, and staple or nail them to the frames, leaving the 1″ at leg. Cover the panels with wallpaper or fabric, paint or stain the frames, then measure, position and screw on double-action hinges. The top hinge should be 12½″ from the top of the screen, and the bottom hinge the same distance up from the bottom end of the upright. Center third hinge.

For the low four-panel screen (each panel 42″ high, 14″ wide), you need:

39′ of 1″ x 2″ clear pine, oven dried
1 sheet of Upson board, 8′ x 4′
6 pairs of double-action hinges
Glue, 2½″ finishing nails, putty plastic wood and sandpaper

Cut eight 43″ lengths of pine for uprights (two for each panel), and twelv 10¾″ lengths for crossbars (three f each panel). Follow directions abov for placement of crossbars at top an bottom of panels. Center the third cros bar between. Continue as in tall screen only using two hinges between panel placed 5½″ from ends of uprights. **En**



"I said, 'Go to bed,' and that's a fiat!"



19 mg. "tar", 1.4 mg. nicotine av. per cigarette, FTC Report Oct. '74.


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NEW FROM GENERAL FOODS CREATIVE VILLAGE STITCHERY!

637 exciting needlecraft ideas...

Mail the attached card today! Get your Creative Village STITCHERY SHOWCASE...plus a mini sample kit for a Teddy Bear to make yourself!

See crewel and needlepoint pillows with striking floral designs...quick-and-easy bargello patterns...fuzzy little animals to make for a child...hundreds of exciting needlecraft projects! All photographed in color. All available in convenient kit form. All ready for you to order, make and enjoy!

And who has put together such an important collection as this? General Foods Creative Village! Because they're concerned with the needs and wants of today's woman – you! And they invite you now to preview this new needlecraft collection in your own home as a member of their convenient shop-at-home "boutique" service, Creative Village STITCHERY. Just mail the attached card and you'll get the big, new, 64-page STITCHERY SHOWCASE Book.

Here are some of the exciting things coming to you...

A vast selection of fun-to-do projects in 10 different needlecrafts! 637 kits in all – more than any other club of its kind. Plus dozens of additional basic supplies and sought-after accessories, too! Pages and pages of projects...photographed and described in full...reproduced on fine-quality paper...bound in a handy horizontal format to make choosing easier and more enjoyable for you. Real quality you can depend on.

Dozens of exclusive kits available to you only from Creative Village STITCHERY! Needlepoint and crewel kits celebrating bicentennial themes...knit and crochet kits for children's fashions...needlework designs with the richness of master-piece paintings...and many more!

Many of the newest projects previewed for the very first time – from some of the world's biggest manufacturers! Be among the first with the latest creations by ordering projects that appear in your STITCHERY SHOWCASE Book!

Personal, prompt service. You get handy postpaid order forms...fast, efficient service from modern order processing facilities...your own needlecraft expert to call COLLECT...and your complete satisfaction is guaranteed or your money will be refunded.

GENERAL FOODS GUARANTEE
If, for any reason, you are not completely satisfied with anything you purchase through Creative Village STITCHERY, General Foods guarantees that you may return it for a complete refund.



PLUS you get a mini sample kit to make yourself! This quick-and-easy project will let you try your hand at toymaking...which is becoming one of today's most popular needlecrafts. The Teddy Bear is yours to make, keep or give as a gift – just for fun!



Enjoy continuing year-round service for just $5.00 (plus postage and handling). As a member of Creative Village STITCHERY, you'll get a new STITCHERY SHOWCASE Book and mini sample kit for each season of the year – featuring an exciting new assortment of the latest projects, as well as the popular favorites – more exclusives, too! All for just $5.00 (plus postage and handling).

So please send for your STITCHERY SHOWCASE Book today. It's quite an experience!

Fill out and mail today – send no money now

Preview

- **designer exclusives!**
- **first-time-available projects!**
- **10 different needlecrafts in all!**

Needlepoint *Crewel – including the new Fingerloom Crewel *Embroidery *Tapestry *Toy-Making *Afghans Quilting *Appliques *Macrame (String Art too!) And as an extra ...a special section of craft items!

ABN

Mail to: General Foods Creative Village STITCHERY
1112 Seventh Avenue, Monroe, Wisconsin 53566

YES! Please send me my STITCHERY SHOWCASE Book and mini sample kit. I will receive three additional editions and three more mini sample kits throughout the year as a member of Creative Village STITCHERY – all for only $5.00 (plus postage and handling).

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JOURNAL ABOUT HOME

BLUE RIBBON RECIPES

We're enchanted with this delicious cheese pastry sent to us by Mrs. Ben Kapel of Fargo, N. Dak. Serve it warm, cold, for dessert, for brunch—plain or gilded with sour cream and jam. Mrs. Kapel, you are the Cheese Pastry Queen.



CHEESE PASTRY

Pastry:
1 cup butter or margarine, softened
2¼ cups flour
Pinch of baking powder
1 cup sour cream
Filling: **2 cartons (12 oz. each) dry cottage cheese**
1 egg
¼–½ cup sugar
½ teaspoon salt, pinch cinnamon

To prepare pastry: Cut butter or margarine into flour and baking powder. Blend in sour cream. Cover dough and refrigerate overnight.

To prepare filling: Preheat oven to 350°. Combine all filling ingredients.

Divide dough into 4 equal parts. On a lightly floured board, roll each part into a rectangle, about 8x12 in. Spread cheese filling on each part. Roll up like a jelly roll, sealing ends.

Bake on a cookie sheet in a 350° oven for 45–60 minutes or until golden. Serve with sour cream.



Even if you can't say Quesadilla *(kay sa deé ya)* you can whip up a batch of these tortillas filled with cheese to the delighted "olés" of your family and friends. Helen Cawyer of Ramona, Calif., our contest winner, says that the canned jalapeña sauce is well worth hunting for. If you substitute tomato sauce, you won't get that Mexican hotness.

QUESADILLA CASSEROLE (Tortillas Filled with Cheese)

1 lb. (12 slices) Longhorn Cheddar cheese
1 lb. (12 slices) Monterey Jack cheese
1 dozen large flour tortillas (fresh or frozen)
1 medium onion, finely diced
1 can (4 oz.) green chilies, seeded and minced
1 can (28 oz.) tomatoes
1 tablespoon jalapeña sauce
1 green pepper, sliced into rings

Preheat oven to 425°. Oil a 13½x8¾-in., or larger, casserole or cake pan.

Prepare quesadillas by stacking one slice of each kind of cheese near the edge of a tortilla; top with a rounded teaspoon each of onion and chilies. Roll tortilla up around cheese, folding ends under to form 12 little packages. Place quesadillas in casserole, overlapping to fit.

Mash tomatoes in bowl with jalapeña sauce. Pour over quesadillas and garnish with green pepper rings. Bake in a 425° oven 25-30 minutes or until cheese is melted. Serves 6.

Send us your favorite recipe that uses apples. We'll pay $50 for two winners. Include some mention of origin; we reserve the right to alter recipes used; recipes become property of Downe Publishing, Inc. Entries must be postmarked by April 30. Send: Recipe Exchange, Ladies' Home Journal, 641 Lexington Ave., N.Y., N.Y. 10022.

Free Booklet! *Your Coldspot Time Bank Freezer for the Time of Your Life* . . . is a lot of title, and *really* a lot of help, with tips, tricks and techniques to make your home-freezer a money-saver. One of the best we've seen. *Free, too.* Request the booklet by name from Sears, Roebuck and Co.; Dept. 703(40-15) Sears Tower; Chicago, Ill. 60684

WHAT ARE THE BEST EGG BUYS?

This is April, and eggs are in abundance—and now, when egg prices are usually at their yearly low, is the time to poach, boil, scramble—even meringue and soufflé. We've collected here a column of pennywise egg wisdom.

- *The biggest enemy of the egg is heat.* Unrefrigerated eggs lose more in quality in one day than they do after one week under refrigeration. If your supermarket doesn't store eggs in a refrigerated display, find another store.

Based on above, *don't* buy unrefrigerated eggs at roadside stands. *Don't* let eggs you've bought sit around. Store promptly.

- *Do store them covered in their cartons, large end up.* Put something else in those little molded egg racks in your refrigerator. Plastic lemons maybe.
- For poaching or frying, if you want the most beautiful results—round, firm yolk and high thick white—look for the USDA shield and the words *U.S. AA Grade.* These are not bargain eggs, but they *look* sumptuous.
- *Grade B eggs are bargains,* if you can find them. Use them for baking; they're perfectly wholesome.
- You can *keep eggs for several weeks* after you buy them. Older eggs are good for baking—and better for hard-cooking.
- One general rule of thumb for buying the most egg for your money is the seven-cent rule. Given the same grade, if there is less than a seven-cent difference between one size of eggs and the next (say large and medium) buy the larger size eggs.



Because Ore-Ida makes Golden Crinkles® look what a great dinner you can make.

Ore-Ida Golden Crinkles® fry up so crisp on the outside, so moist and meaty on the inside, they make a perfect companion for luscious dinner ideas like barbecued ribs.

And they're so easy to make, you can concentrate on the main course.

Kitchen Barbecued Ribs: Bake 3 lbs. *pork spareribs* at 350° for 1 hour. Then spoon sauce over ribs and bake 30 minutes more. (Follow package directions for pan frying 1 package of *Golden Crinkles.*) Serves 4.

Kitchen Barbecue Sauce: Combine 1 cup *Heinz Ketchup*, ¼ cup drained, *crushed pineapple* and 2 tbsp. *soy sauce*. Use one-third of sauce for basting ribs. Serve the rest in individual cups for dipping Golden Crinkles.



You've made us America's favorite frozen potato.

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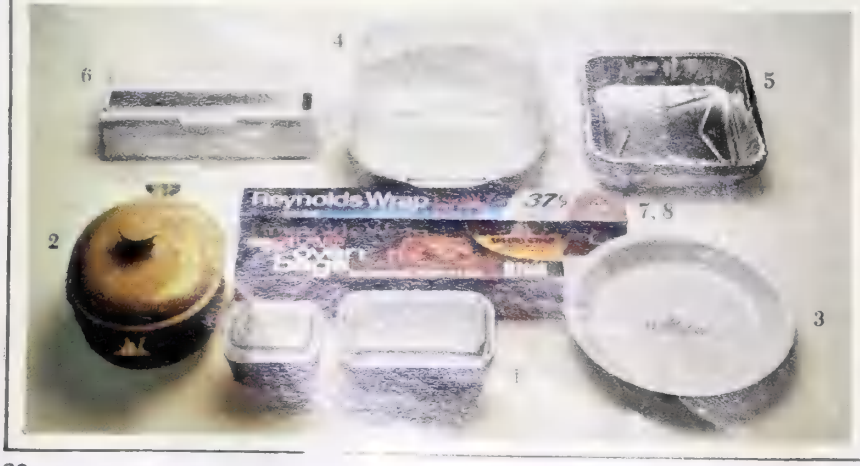
GOLD, NOT GARBAGE

The Men we sigh about those leftover dibs and dabs and bits and peels—then throw them away. They are, in fact, valuable cooking assets—little nuggets of gold, if you will—you can bank in your freezer (See, if you haven't already, the freezer section on page 91.) **1) Little gold bricks** in the ice cube tray are yours with almost no effort. Freeze leftover vitamin-rich vegetable-cooking water in cubes, then store in a plastic bag. Add to soups or as cooking water for stews. Do the same with leftover fruit juice or the syrup from canned fruit. Good in punch or to baste baked apples. In fact, you can freeze just about anything liquid this way—leftover coffee and tomato paste, and extra egg whites. **2) Bread bonanza.** Never throw out a scrap of bread. Cube, bag and freeze extra bread, fresh or stale. Use for stuffing, bread crumb topping, or bread puddings.

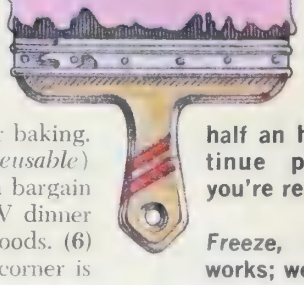
3) Gold pieces. Celery tops, lettuce shreds, vegetable peels and shavings of all kinds can be accumulated in a plastic bag in your freezer. Used in soup, they add flavor and vitamins. **4) Golden peels.** Freeze orange and lemon peels. They'll grate easily when frozen. Or make candied peel.

FREEZE THEN COOK THE EASY WAY

Freezer to oven or pot—directly—without the in-between step of defrosting. The whole point is to simplify your life. Pictured below are the tools of liberation. (1) Pyrex dishes come in a variety of shapes and sizes, travel from oven to freezer with no hassles. (2) Enameled cast-iron pots, like this gay Le Creuset casserole, are another freezer-to-oven possibility. Great for serving too. (3) Corning Ware is designed to go from freezer to oven to table—and then be quickly and easily cleaned. (4) Anchor Hocking has coated the interiors of their Harvest Time ovenware with white Teflon—an attractive easy-clean alliance that stands up to freezing or baking. (5) Those disposable (but *reusable*) aluminum baking pans are a bargain if you remember to save TV dinner trays or pans from baked goods. (6) That object in the top left corner is called the Dazey Seal-A-Meal—a boon to cooks who are serious about freezing. Use it for boil-in-bag vegetables, stews, leftovers of any sort. The polyethylene pouches are sold in housewares stores. (7) See-through oven bags are a great freezer-to-oven convenience for short-term freezing. (8) Heavy-duty aluminum foil can be used as a cover for baking pans—and if you just can't spare your favorite baking dish, line it with foil, fill dish, freeze, pull out foil packet and leave in freezer. Baking dish is thus freed for other use.



WOULD YOU BELIEVE?



Paint, Then Freeze. **Why bother to clean brushes of oil-based paint if you have to stop mid-job? Wrap well in plastic, then freeze. Thaw for half an hour or so and continue painting whenever you're ready.**

Freeze, Then Iron **(yes, it works; we tried it): Sprinkled laundry won't mildew if you freeze it. And cold clothes will iron *perfectly*.**

APRIL ICECAPADES

Is there anything beyond the simple ice cube? Yes.

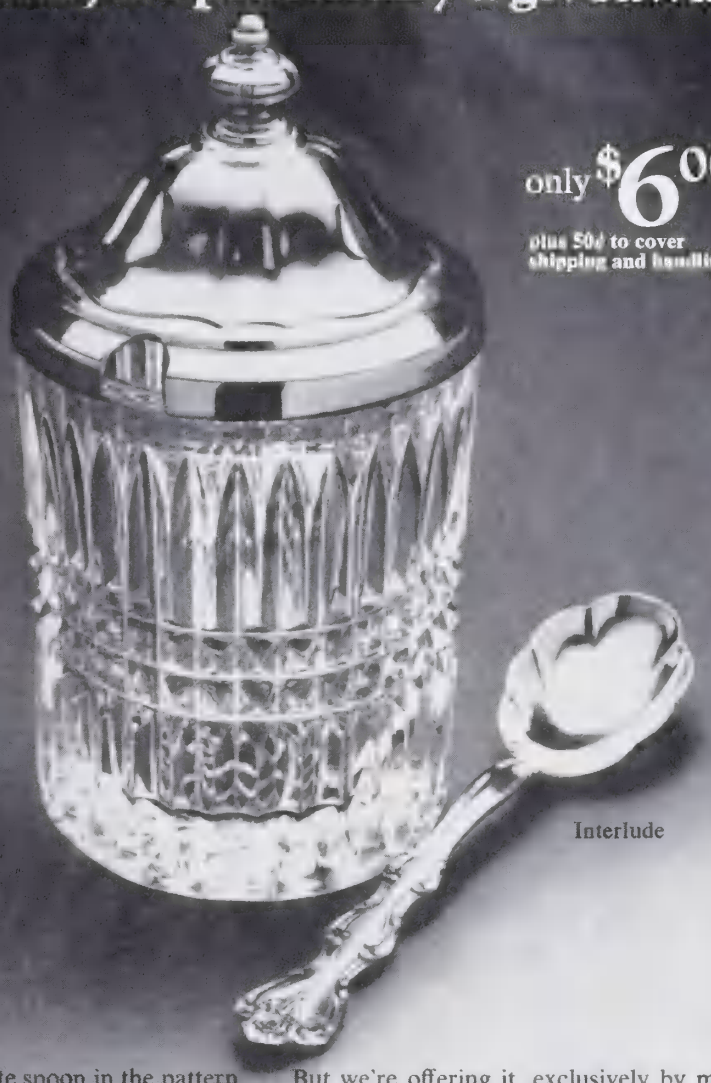
• **CUBISM:** Add to your ice tray collection. In addition to the usual standard largish cube, we found a range of shapes and sizes. (Special party goods stores are a good place to browse through.) We found spheres, small and large, tiny cubelets (the smaller the cube, the quicker the drink chills) . . . something called the Ice-Slice Tray (made by Inland), which produces 38 little slabs of ice for drinks or garnishing . . . also from Inland, a tray that creates two pounds of crushed ice. In addition we saw bridge club fantasy shapes, hearts, diamonds, clubs and spades. And a set of ice initial trays (you *can* say "U" in ice). Use large candy molds to make fancy shapes. For a punch bowl, freeze a sizeable ice decoration in an elaborate metal mold.

• **ICE LORE.** Fresh cubes are essential. Ice picks up off-flavors if it's been kept around too long, so if you're amassing ice for a party, don't start freezing more than two days ahead of time. **Cloudy cubes?** Run warm water over them to restore their clarity. **Don't own an ice-bucket?** Try using an enameled cast iron pot (does a good job of keeping ice cold) or line a big plastic garbage pail with a plastic liner.

How many cubes for a party? Figure on one dozen cubes per person. **Cubes plus:** a sliver of orange or lemon peel, a maraschino cherry, a small carrot flower, or a radish rose, an olive or a tiny pickled onion are little decorative extras you can add to cubes when they're partially frozen.

Illustrations by Rainbow/Grinder

This condiment set from International Silver is a great value at $13. At this price, it's practically a giveaway!



only $6.00
plus 50¢ to cover shipping and handling

Interlude

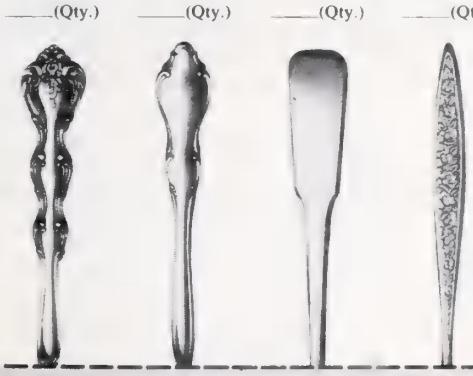
An International Silverplate spoon in the pattern of your choice. And a Fostoria lead crystal jar with fitted silverplated top. A beautiful way to serve cinnamon sugar, preserves, grated cheese, chutney or what-have-you.

When available in stores, the set will cost $13. But we're offering it, exclusively by mail, for just $6. Because we think once you've lived with a little International Silverplate, you won't want to live without more of it.

And you can get more, in place settings or complete services, at your favorite fine store.

International® Silverplate

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Meriden, Ct. 06450

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YOUR QUESTIONS ANSWERED

By Theodore I. Rubin, M.D.

How can I avoid eating binges? What subject are you most asked about in reader letters? These are some of the questions the noted psychiatrist answers this month.

Avoiding eating binges

What is the one thing to avoid to keep a compulsive eater like me from going on an eating binge?

Funny as it sounds, stay away from food. The sight and smell of food can be overwhelming to the compulsive eater—who can even become hungry just talking about food. I believe the greatest "appetizer" is the smell of food being cooked. Good cooking smells are irresistible to the compulsive eater and should be scrupulously avoided if serious dieting is to be sustained.

Women's choices

My daughter, who is a lawyer, used to be involved in the women's rights movement. But now she is married, has a baby and seems perfectly content to stay home and take care of her family. Isn't this strange for a woman who just a few years ago was vehemently for women's liberation?

Personal liberation for both women and men involves having the choice to live a lifestyle that is personally fulfilling. This includes the right to change styles at different times of life. Because your daughter freely chooses and delights in raising a family at this time in her life does not indicate that she has lost interest in the rights of women. Women should have the right to choose their life and not be coerced in any direction; that is the crux of the women's movement, not that women must make a particular choice at a particular time.

Voter's guilt

My friends and I were wondering why the morale of the country is so low. We decided that it is because we Americans feel "duped" for electing the past administration. Could this be possible?

I think you are having guilt rather than resentment at having duped. It is entirely possible that Watergate with all its ramifications has made voters feel guilty for making a mistake and the Americans don't take well to making mistakes. But we are human beings, and the human condition makes mistakes inevitable. It is time we realize this and forgive ourselves for having made the choice we did. As human beings with human limitations—as well as human wisdom—we can only do what we think is best then, now and in the future.

Common complaint

I'm curious about the letters you receive. Are they all from women? What subject are you most asked about, and what complaint is the most common?

My letters are mostly from women, but I also get letters from men, adolescents and very young children. Using my mail as a criterion, the most common problem seems to be the poor communication within the family. Family members who are at odds have great difficulty talking to each other on an effective level. This is especially true of husbands and wives, but it also pertains to children and parents. Some of the saddest letters I have received are from teen-agers who feel that they cannot talk to their parents. They write that their parents won't listen to them, or that parents don't understand teen-age problems. Some youngsters write me that their parents don't take them seriously or that their parents are too busy fighting with each other to take time to listen to their children.

The most common emotional symptom is depression. I think other psychiatrists would agree that depression is the most common symptom for which men and women seek psychiatric guidance. Generally, the high rate of depression may well be due to the fact that we expect too much of ourselves, our mates, our children and our friends. Such high hopes can seldom be fulfilled and can only lead to disappointment and repressed rage, which is expressed as depression.

Husband vs. garden

I love to garden, but lately my husband complains that I should spend more time reading and improving my mind rather than just gardening. I'm a college graduate and have read plenty in my life, but reading is not my passion—gardening is. Is my husband right?

I think that nonintellectual activity is extremely valuable in producing emotional tranquillity and a sense of well being. Gardening is especially therapeutic because it provides activity, fresh air, beauty and the good feeling that comes from helping things grow. However, I am wondering if your husband's pride is keeping him from voicing his real complaint—if he is not using reading as an improvement of your mind as a smoke screen.

Can it be that what your husband really wants is for you to transfer your passion from gardening to him? Could he resent the time and attention you are giving your garden? I notice that you speak of gardening as a "passion." Have you become obsessed with gardening as a means of avoiding involvement with other people or activities? Why not discuss the subject openly and honestly with your husband to see if he has a justifiable complaint or whether one of you—or both—is simply over-reacting.

Dating widow

I am in my late twenties, married and have two small children. But I'm really writing to you about my mother, who is in her early fifties. My mother and father married very young and had a wonderful relationship. Dad died a few years ago, and just lately my husband and I have finally convinced my mother to go out with men. She is very popular and seems quite happy, but she is like a frenetic teen-ager. She talks to me about her boyfriends and I feel as if I'm the mother and she's the daughter. Is this strange?

No, your reaction is not strange at all. Since your mother married at a young age, chances are that the last time she dated she was a teen-ager. She is now continuing her dating experiences from that point in her life rather than from her life today. Remember, too, that her going out is almost a new experience for this time of her life. Dating is also a mask for any residual grief over the loss of her husband. Your mother's dating may seem frenetic and exaggerated at the moment, but she will probably settle down as the underlying *(continued)*

As a regular feature, Dr. Rubin answers questions on your personal, marriage, family, and emotional problems. The doctor is a well-known psychoanalyst who practices in New York. He is also the author of "Compassion and Self-Hate" (David McKay). If you have questions for Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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QUESTIONS ANSWERED
continued

grief for your father subsides. Your feeling like her mother is also understandable, since your social roles have been reversed: she is dating while you are mothering. It is not unusual for daughters in your position to feel as you do; some daughters might also feel resentful and jealous.

You say that your mother seems happy. This is very important. If she is happy, chances are she is making a satisfactory adjustment to her loss and to her new position in life. If, however, an underlying depression remains and her life continues to be one of frantic elation, manifesting itself in poor judgment (in money matters, etc.), then psychoanalytic treatment might be indicated.

Hypochondriacal child

Every time my 11-year-old son has a day off from school, he develops imaginary illnesses. Is it possible that he dislikes being home with me alone? He says he isn't, but I've asked him about this, and he says it isn't true.

Though he denies it, your son may feel anger toward you. However, it is more likely that his illnesses stem from other sources. Some people, especially children, respond to any change in routine with hypochondriacal symptoms. Such symptoms are often due to the anxiety brought on by the fear that he or she will be unable to make an adjustment to the new schedule. Some children—and even grown-ups—fear vacations because a change in their daily school or work routine means they must tap inner resources in order to face the new and the different.

Others fear vacations because they think they will become addicted to holiday time and won't be able to stop playing and go back to work or school. These fears are especially true of children who had a hard time breaking away from their parents. The holiday or prolonged vacation with parents, therefore, reminds the child that he will have to break away again and that once again he will have to go through the pain and trauma of the initial break.

Hypochondriacal symptoms are almost always used to camouflage problems that have no relationship at all to illness.

If your son's aches and pains persist, and if a thorough physical examination by a doctor does not uncover any reason for the illnesses, you should seriously consider a consultation with a psychoanalyst specializing in work with children. **End**

WORKING WOMAN
continued from page 20

man called a woman police officer "or cop I wouldn't mind being pinched by To their credit, KPRC-TV (Houston WMC (Memphis) and KWGN-T (Denver) have met with women's group and improved news coverage.

Negotiations have also yielded gain in women's employment status. Each o the three major networks have activ Women's Committees. At CBS, an elec ed Women's Advisory Council has me about once a month with senior corpo rate management, and tangible accom plishments have emerged: a company wide training and apprenticeship pro gram in which workers can intern i other departments without losing jo security; awareness sessions conducte by two feminist management consultan firms; paid sick leave for child*bearin* and unpaid child*rearing* leave for up t six months (for either parent) with n loss of seniority; job posting for position paying up to $25,000; internal recruit ing.

NBC's Women's Committee filed se discrimination charges against the cor poration and all affiliated unions, afte negotiations with personnel executive proved fruitless. The New York Cit Human Rights Commission found "prob able cause" for the women's complaint

At ABC, the Women's Group has mad progress in restructuring news jobs s that women are given titles and salarie commensurate with their duties an skills. In sports, Eleanor Riger is the firs female sports producer on any network in sales, three women have been hire in the $30,000 category.

Overall employment statistics are stil pretty grim. In a 1973 study of commer cial TV stations, the Office of Commu nication of the United Church of Chris found 86 stations with no women in up per-level jobs and 58 stations where women work *only* in clerical positions Overall, employment of women has in creased only one percent a year. **End**

"THE WORKING WOMAN" IN BOOK FORM

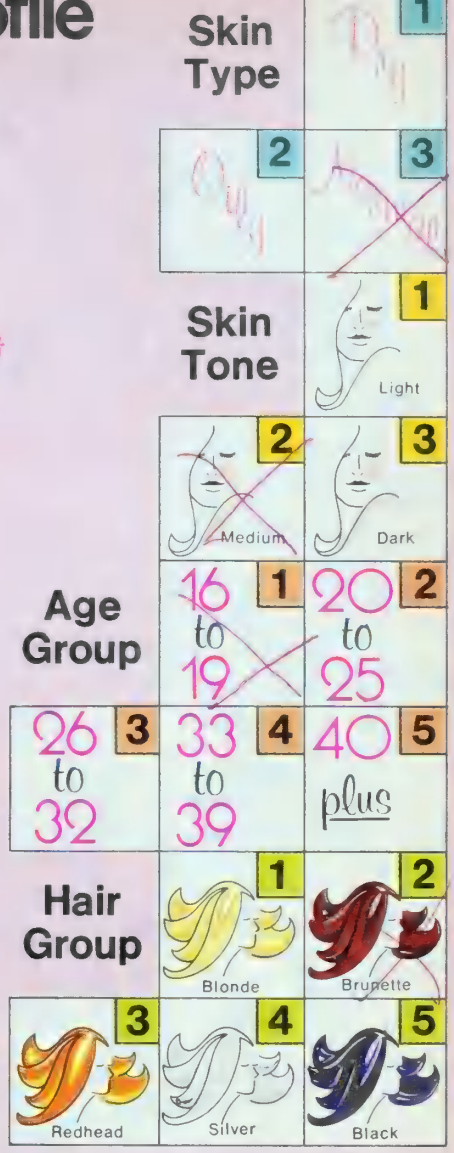
If you've missed any of "The Working Woman" columns of the past four years, if you want Letty Cottin Pogrebin's full, updated collection of articles (plus new, unpublished material) on going back to work, childcare solutions, job discrimination, family-career conflict and all the other concerns of women who work—you may want a copy of Ms. Pogrebin's new book, *Getting Yours: How to Make the System Work for the Working Woman*. It's at your bookstore now; or send $8.95 to the David McKay Co., 750 Third Avenue, New York, N.Y. 10017.

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2. ☐ 20-25
3. ☐ 26-32
4. ☐ 33-39
5. ☐ 40+

Hair Group
1. ☐ Blonde
2. ☒ Brunette
3. ☐ Redhead
4. ☐ Silver
5. ☐ Black

Skin Tone
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2. ☒ Medium
3. ☐ Dark

Skin Type
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2. ☐ Oily
3. ☒ Normal

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SPENDING YOUR MONEY

By Sylvia Porter

How much can working parents deduct for cleaning and child care? Are there "bargain" travelers' checks? What is the real cost of maintaining a color TV set or refrigerator?

Working parents' deductions

I have a full-time job and so has my husband. To watch our 12-year-old daughter and to do a quick clean-up job in our house, we employ a young woman at $400 a month. Together, our total salaries come to $20,000. How much of the $400 we pay for child care and cleaning can we deduct?

You can deduct the entire $400 per month less half of the excess of $20,000 over $18,000, or less $1,000 for the year. That means you must reduce your $4,800 deduction ($400 times 12 months in 1974) by $1,000 to a deduction of $3,800.

Help for small business

My husband and I have started—and failed in—a variety of small businesses. Now our latest enterprise, a small appliance repair service, is faltering and I am terrified that it, too, may go down the drain. Where can we turn for help?

Contact the nearest office of the government's Small Business Administration (see the phone book under "U.S. Government") or the Executive Volunteer Corps in New York (address: 26 Federal Plaza, 31st Floor, New York 10007). The latter is composed of retired businessmen who offer free counseling on just about every aspect of business, particularly small business.

Who hurts most?

It's no secret that unemployment hits different groups harder than others—for example, women harder than men, blacks harder than whites, the young harder than adults. Do you have anything like a "scale" showing how joblessness affects each group?

Here's how jobless rates rise from the lowest (white adult males) to the highest (minority teen-age girls):

1. White adult males
2. White adult women
3. Minority adult men
4. Minority adult women
5. White teen-age boys
6. White teen-age girls
7. Minority teen-age boys
8. Minority teen-age girls

Credit union loans

What is the maximum on loans normally extended by credit unions—and what is the typical maximum on maturities?

The usual maximum loan total is $2,500 and typical maximum maturities are 24 to 36 months.

Short-term trust

For the first time in our married lives, my husband and I are fighting about money, and I'm in a bind. My widowed mother, who is 68 and who lives with us, always has been a blessing, but she is dying slowly from an incurable nerve disease and has become a burden. I inherited a fair-sized portfolio of stocks and bonds from my grandfather, it gives me a monthly income of about $200, and I've begun using every penny of it to help care for my mother. But my husband is complaining bitterly because he pays the income taxes on this money and now I'm contributing nothing to the household. And he says all she saves him is the $750 he takes as an exemption for supporting her in our home. We're only in our thirties, and I think if we keep saying to each other the things that we've started to say, we'll break up. My mother is penniless.

I can't throw her out and I can't stand these fights. What can I do?

Don't panic. There may be a wonderful way out for you through the creation of the so-called short-term or ten-year or simple reversionary trust with your portfolio of stocks and bonds. Consult a lawyer who is competent in this field and don't move in this direction without his or her expert advice. Then ask your lawyer if it's wise for you to set up this trust, and if so, instruct the trustee to send to your mother each month the $200 in dividends and interest that the trust has been earning for you. This is what your ten-year trust will accomplish:

- Your mother becomes the taxpayer, but she pays nothing in income taxes on the money she receives because, since she is over 65, she gets a double exemption—$1,500—and she gets another low-income allowance of $1,300. Her income is less than her deduction of $2,800, so she's tax-free.
- Your husband loses the $750 exem tion he had for supporting your mothe but he also need not pay income taxes o the dividends and interest your portfol has been earning, and thus some of t friction is removed.
- At the end of ten years and one day or when your mother passes away—t trust ends and the portfolio comes ba to you intact.
- Any growth in the value of your s curities accrues to your benefit. You lo nothing on that score.
- The money is paid automatically your mother. Your husband will not fa the irritation of seeing you dole out t funds for her care. Nor will you have justify the drain on him and the burde you've assumed. If necessary, you al can find other ways to supplement t household funds. You are only in yo thirties—and, as you say, it's your mothe

"Community property" defined

We are planning to move to Californ soon, which is described as a "comm nity property" state. Just what do that mean legally?

It means simply that the state assume that all of the property—house, car furniture, stocks and bonds—that a cou ple accumulates in the course of the marriage belongs equally to eac spouse, no matter whose name is act ally attached to each item owned. It als generally means that this property wi be split more or less 50–50 in a divorce But check with a lawyer for the detai underlying these generalities.

Disability insurance

What proportion of your regular incom does the typical disability income insu ance policy cover? Can you give me an good rules on what to look for in thi type of insurance?

About 50 to 60 percent of your gros income is paid by the typical disabilit insurance policy during the period i which you are unable to work.

The best rule—aside from gettin adequate coverage if your other finan cial resources are inadequate to tid you over a prolonged or even relatively short-term disability—is to try to find company offering coverage without th so-called "Social Security offset." Un der this gimmick, every time Social Se curity benefits are raised to keep up with the rise in living costs, disability benefits drop by a like amount, thu wiping out the protection you are sup posed to get against inflation under the Social Security law.

You're never too old . . .

I am 58 years old and unable to ge into a training program to learn a new more saleable skill than the skill on which I have been relying (continued)



The 18 colors of Naturally Blonde* are the blonde colors found in nature.

We have the color of ripe midwestern Wheat.
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We have just about the most natural blonde shades on earth, 18 of them, from light to dark, from fresh new Snow to a taste of Honey.
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Satura
by Dorothy Gray

SPENDING YOUR MONEY
continued

for most of my life (civil engineering for highway construction). More than a dozen employers have turned me down so far, and I know the sole reason is my age and the widespread belief that older people are "less trainable" than younger workers. Is this really so?

Not according to a recent tabulation of training program completion rates under the Manpower Development and Training Act. In fact, trainees aged 45 and over had the highest completion rate of any age group during fiscal 1973. For this group, the completion rate (counting those who either completed the classroom or institutional training and also those who left early to take jobs) was 84 percent, versus 80 percent for those aged 22–44 and 74 percent for those under age 22.

Adding up the costs

Has anybody calculated how much the "hidden costs" of running and repairing, say, a refrigerator or a color TV set are —over the lifetime of these machines?

Yes. A Massachusetts Institute of Technology study concludes that a $500 color TV set could be expected to run up $350 worth of repair and servicing bills and use $120 worth of power. A $400 refrigerator would be likely to cost $60–$70 for repairs, plus more than $600 for electricity.

Travelers' checks

My husband and I are planning a trip to Europe this spring. Is there any point in shopping around for bargain travelers' checks?

There surely is. And you may find a bank or other outlet offering one or more kinds of travelers' checks at considerably lower cost than other kinds.

Check on Social Security

My father has several friends who have been unpleasantly surprised by the low amount of their Social Security benefit checks upon retirement. We're in our thirties, but we'd like to make sure that the full amount of our actual income, qualifying us for maximum future Social Security benefits, is being recorded by the Social Security office. How can we do so?

Write a note to your local Social Security office and ask for a printed "Request for Statement of Earnings." Fill out the form, mail it back, and you'll get the reassurance you are looking for.

Incidentally, it's a good idea for all of you to make a practice of doing just this every few years.

We are ordering seeds from catalogs for our first family vegetable garden, to be planted this spring. Can you offer any guidelines on how much seed (or plants) we need to grow food for a family of four? Also, how much space will we need?

Here is a chart showing how much seed space is needed to grow various vegetables and also the estimated yields. Good, if not expert, gardening techniques are assumed. You can calculate the estimated return on *your* investment simply by multiplying the yields of the vegetables you prefer by current prices in your area.

Item	*Space needed (feet or row)*	*Estimated production*
Beans, snap, 2 oz.	15	7 lb.
Beets, ¼ oz.	25	25 lb.
Broccoli, 12 plants	25	10 lb.
Cabbage, 6 plants	12	6 heads
Carrots, ½ pkt.	15	15 lb.
Cauliflower, 5 plants	10	5 heads
Collards, ½ pkt.	25	20 lb.
Cucumbers, ½ pkt.	10	6 lb.
Eggplant, 3 plants	6	12 fruits
Leeks, 1 pkt.	10	30
Lettuce (head), 18 plants	15	15 heads
Lettuce (leaf), 1 pkt.	5	2½ lb.
Muskmelon, ½ pkt.	16	18 fruits
Onion (sets), ½ lb.	10	5 lb.
Peppers, 6 plants	10	6 lb.
Potatoes, 5 lbs.	50	50 lb.
Radishes, 1 pkt.	12	8 lb.
Rutabaga, ½ pkt.	15	15 lb.
Spinach, ½ pkt.	10	5 lb.
Squash (summer), ½ pkt.	2 hills	24 fruits
Squash (winter), 1 pkt.	4 hills	10 fruits
Tomatoes, 10 plants	40	3 bushels
Turnips, ⅛ pkt.	20	20 lb.

THE DARK IS A SOLACE

By Julia C. Ardayne

Tonight I hear the stormy sea;
(Keep me the refuge of your arms:)
Breakers whine against the quay;
The breast of love knows no alarms.

Near is the tolling of the bell;
The wind is abroad, and the buoy
sounds deep;
(The dark is a solace—as in a spell
Far from the world we ride in sleep.)

One single star now earthward turns
Slowly, and from the heavens slips
Out of the sky—lo—see it burns
Here, beloved, upon our lips.

FINALLY, CATS HAVE A CHANCE TO EAT THEIR WORDS.

Everyday, millions of people eat their
ds. (For example, hamburger is a word
ple eat. Not to mention chopped liver
acon, lettuce and tomato.)
But things aren't that easy for cats.
After all, how many times have you
a cat eating a meow.
t is this unfair situation that has given
to a new cat food.
Meow Mix™. The cat food cats ask for by
e.

Now, thanks to Meow Mix, a cat can have his meow and eat it too.

What's more, there's more to Meow Mix than just a meow.

For one thing, there's tuna. For another, there's liver. And for another, there's chicken. Your cat's three favorite flavors.

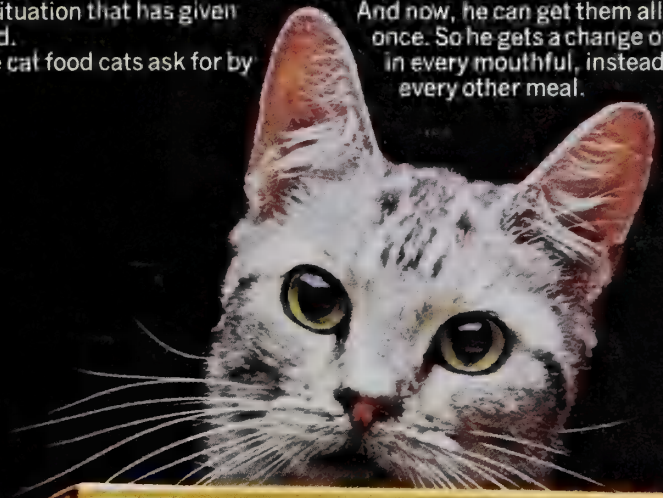
And now, he can get them all at once. So he gets a change of taste in every mouthful, instead of at every other meal.

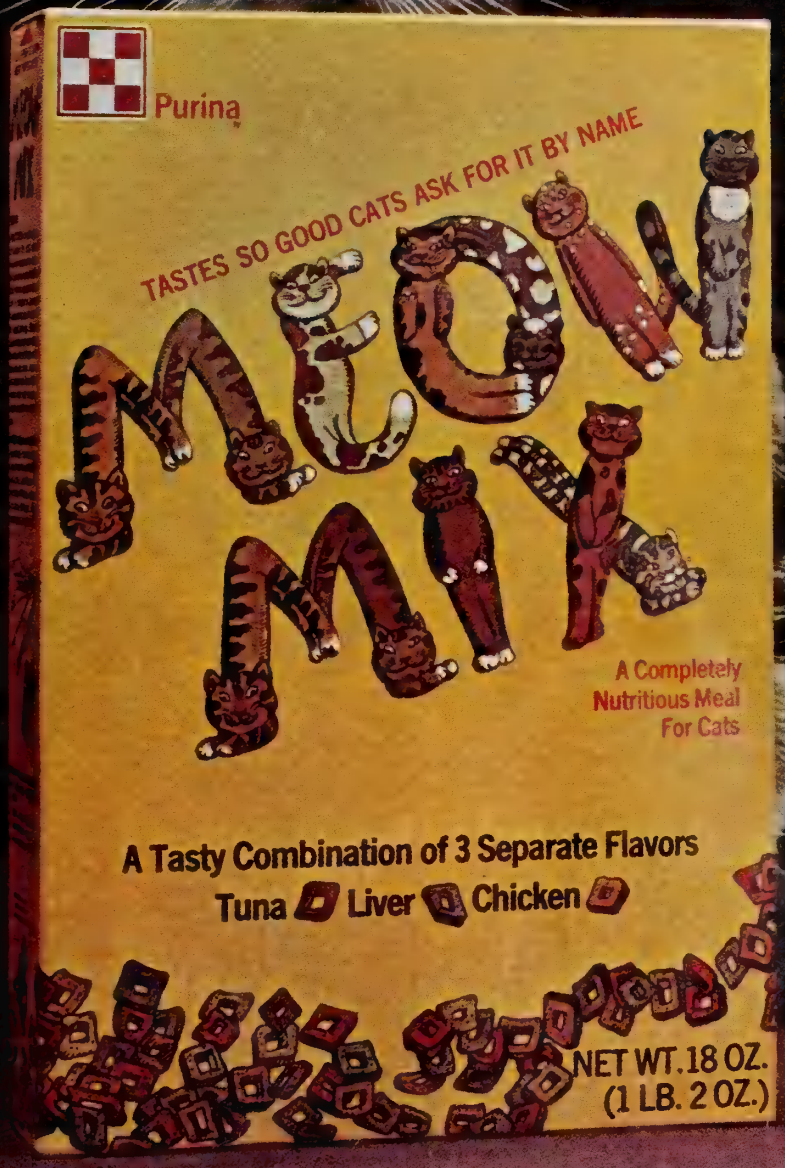
Each flavor is a separate bite size morsel. With a color all its own. (The tuna is red, the liver is brown, the chicken is yellow.)

But Meow Mix brings more to a cat's diet than variety, it brings nutrition. For it contains all the protein, vitamins and minerals cats are known to need.

So the next time you're trying to decide what to feed your cat, take his word for it.

TASTES SO GOOD CATS ASK FOR IT BY NAME





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Come for the filter.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

18 mg. "tar," 1.2 mg. nicotine av. per cigarette, FTC Report Oct. '74.

You'll stay for the taste.



A lot of good taste
that comes easy through
the Micronite filter.

1975	MAY					1975
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

IS MENSTRUATION REALLY NECESSARY?

1975	JUNE					1975
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Medical findings are raising some new questions about an old female problem: menstrual periods. The big question: Can we safely abolish them? By Judith Ramsey

Menstruation. It's something that most women take for granted—part of the blessing and burden of being female. It's messy, it may make them irritable, and most of all it can be uncomfortable. For some women, their monthly period amounts to a light flow of blood and a few abdominal twinges. But others have to rely on powerful pain relievers or tranquilizers, or take to their beds in response to genuinely agonizing cramps or monthly "blues."

Now a British reproductive biologist has asked some searching (and controversial) questions that few scientists—and even fewer women, for that matter—have thought to ask: Are regular periods physiologically normal? Are there safe alternatives to the monthly menstrual flow?

According to Dr. Roger Short, director of the Medical Research Council's Unit of Reproductive Biology in Edinburgh, Scotland, a menstrual period every month—or as many as 350 periods in the average modern woman's lifetime—is not a natural physiologic state. Women were designed for pregnancy and lactation, he says.

Dr. Short blames civilization for altering a woman's reproductive state and making her menstruate more often. Her primitive ancestor probably had 40 or 50 periods at most during her lifetime and spent virtually all of her reproductive years either pregnant or breast feeding. She may have been better off, with a lower incidence of "female" disorders than modern women. Then along came contraception, the decline of breast-feeding, smaller families, and delayed menopause—all of which make a woman have more periods.

In Dr. Short's view, regular menstruation may even be harmful to a woman's health and well-being. He believes that the female breasts, ovaries and uterus are not able to safely withstand this "monthly endocrine turmoil," as he calls it, for 40 or so years.

If Dr. Short is correct (and most doctors disagree with him)—and contraception and other products of civilization have altered a woman's *normal* physiologic plan, saddling her with more periods—are there safe, viable alternatives that are closer to the natural female state?

There is an alternative—one that many women have already taken advantage of, says Dr. Short. That alternative is hormone treatment.

Some are halfway there

There are almost 10 million American women who take conventional oral contraceptives and who do not have real periods. They usually take the Pill for about 21 days, then go off it for seven days. The result is a sort of pseudo-period—a reaction to the depletion of hormones provided by the Pill—known as withdrawal bleeding. Unlike the bleeding caused by a real period, withdrawal bleeding is usually scanty and is rarely accompanied by cramps or premenstrual tension. With the Pill, women don't have hormonal changes that normally are brought about by the menstrual cycle.

In addition, a number of American women take "no-flow" oral contraceptives—pills high in anti-estrogenic progestins—which keep women from bleeding at all or merely allow slight staining. Unlike women on traditional oral contraceptives, the women on the "no-flow" type do not go off the Pill for a week each month, but take it continuously.

Most doctors are dubious about Dr. Short's claims that menstruation is harmful. They feel that his argument lacks substantial proof. Others take a wait-and-see attitude until more research is done. Still others are against women who are not sick taking a powerful hormonal drug each day.

Many medical scientists who had never thought about the possibility of female life without periods have begun to ponder the matter, however. Dr. Short's thesis has raised more questions than it has answered.

The first question of concern is: Exactly what *are* menstrual periods? Ask any woman and she'll probably say that a period is the monthly bleeding from her uterus. "That's a perfectly good definition, but there's another," says Elizabeth B. Connell, M.D., associate director for health sciences at the Rockefeller Foundation. "Menstruation is a monthly sign of an unrealized pregnancy."

The lining of the uterus (endometrium) has only one function: to nestle and nurture a fetus. Each month, the tissue of the endometrium builds up, triggered by complex signals from particular hormones in the blood stream in anticipation of the fertilized egg. The endometrium thickens to three times its original size and becomes engorged with blood and fluid. When the egg is not *(continued)*



Meet Donna Brown and Alicia Catania, mother and daughter.
Mother wears jeans, daughter wears dresses. Mother shops for clothes, daughter sews.
Mother works, daughter's settled down and married. In other words, like mother, *not* like daughter.
Except for their fragrance. Cachet belongs to both of them. And that's okay.
Because it's a little different on every woman that wears it.



There'll be no chemises for Jan Bower.
Not with a waist that measures 19 inches.
That little middle is her trademark.
That. And Cachet.



Suellen Laracy thinks what's missing in the 20th century is romance. So she provides her own by collecting clothes from another century. Suellen says, "Deep down, they're really me. Like Cachet. The fragrance I always wear."

Cachet. It's the fragrance as individual as you are.



We know you don't want to look like the next girl. Or wear a fragrance like the next girl's either.
That's why we created a new kind of fragrance called Cachet.
Every woman on this page can wear it and it'll be something a little different on every single one.
Because, besides being fresh and fascinating, Cachet was designed to pick up and play up a woman's own special chemistry.
In perfume. Cologne. Bath things. Everything.
Maybe it isn't you. But then again, maybe it's the first fragrance that really is.

Cachet by Prince Matchabelli



MENSTRUATION
continued

fertilized, the thickened lining shrinks, disintegrates and passes out through the vagina. The shedding of tissue, along with a certain amount of blood and mucus, constitutes the menstrual flow.

What is the menstrual cycle? From a female's first period to menopause, the periodic cycle of fertility is under the control of a biologic clock that in most instances is regular and predictable. The usual cycle lasts approximately 28 days, although anywhere from 21 to 34 days is considered normal. Certain hormones, secreted by ductless glands in various parts of the body, regulate this cycle.

These hormones—which are not present in the blood in fixed amounts but fluctuate in their concentrations—trigger the physical and emotional responses associated with menstruation. Following ovulation, there is a surge of estrogen (the primary female hormone) along with a rapid rise of progesterone. Just before menstruation occurs, the supply of these hormones drops markedly. These hormone changes affect the uterus, the breasts, the brain and virtually every other tissue in the body. For example, the buildup of hormones in the blood causes the breasts to swell just before menstruation. A falling off in levels of these same hormones after menstruation causes the breasts to resume their previous contours.

Apart from these hormonal fluctuations, the monthly period can bring a variety of physical and emotional symptoms—premenstrual tension, cramps, irritability and depression. Medical researchers have not solved the mystery of why some women are relatively free of symptoms while other women have severe ones. Among the possible causes being studied are individual differences in female physiology at different times in the cycle, the role played by various regulatory hormones, the emotional makeup of a woman and her cultural and religious background. It's quite likely that a number of these factors are involved in most cases.

Are periods vital?

But are periods vital to a woman's general health and well-being? Most experts seem to feel that the answer is "No."

Louise B. Tyrer, M.D., director of the division of family planning of the American College of Obstetricians and Gynecologists, believes that menstruation—although normal—is unnecessary unless a woman wishes to have a baby.

Harvard gynecologist Robert W. Kistner, M.D., feels that menstruation doesn't accomplish anything, depletes the body of blood every month and causes a female to require twice as much iron as a male.

Gynecologist Raymond VandeWiele, M.D., says that menstruation *per se* seems to have no biologic purpose for reproductive efficiency. "Only the higher primates menstruate," says Dr. VandeWiele, who is chairman of the department of obstetrics and gynecology at the College of Physicians and Surgeons in New York.

What was the menstrual pattern of our ancestors? Dr. Short says in the book *The Physiology and Genetics of Reproduction* that in the beginning young women had babies at a very early age because there was no contraception. From puberty on most of them were either pregnant or breast-feeding. Now nursing, when done regularly four or five times a day, prevents a buildup of the hormones that trigger ovulation and menstruation. So lactation can be called nature's own form of birth control (although it certainly is not a foolproof method and should not be practiced by modern women as such unless they want to take the risk of an unplanned pregnancy!). The result was that the reproductive years of many primitive women were mainly occupied by pregnancies, breast-feeding and non-ovulation rather than by menstrual cycles.

"The contrast between what presumably were the menstrual patterns of

Better.

NEW ULTRA BAN SUPER DRY TESTED BETTER IN HELPING STOP WETNESS THAN ARRID EXTRA DRY, RIGHT GUARD, SOFT & DRI AND DIAL



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primitive woman and her modern counterpart could hardly be more striking," maintains Dr. Short. "The immediate consequence of contraception has been a dramatic increase in the number of menstrual cycles, reinforced by the fact that a female now begins to menstruate at an earlier age, remains free of periods for a shorter time after childbirth because of a decline in breast-feeding, and goes through menopause later. A woman's reproductive lifespan today may extend from onset of menstruation [at 11 years] to menopause [at 48 years or older]. If she has only two children she can expect a two-year respite from periods."

Effects of hormones

This regular assault of hormones on a female's breasts, uterus and ovaries make Dr. Short wonder whether women who do not use their reproductive system for the purpose it was designed—having babies and breast-feeding—have a higher-than-normal incidence of certain disorders affecting these organs. He offers the following examples to support his theory:

Item: Nuns run a greater risk of breast and ovarian cancer than women in the general population, many of whom are married and have children.

Item: Women under the age of 18 when their first baby is born have only one-third the risk of getting breast cancer as compared to women whose first child is born after the age of 35.

Item: Recent research shows that women using the Pill—which creates a physiological state that is more similar to pregnancy than to non-pregnancy—develop fibrocystic disease (benign breast tumors) less than half as often as women using other contraceptives. These non-malignant breast tumors have long been considered a possible precursor of cancer. This raises the question of whether the oral contraceptives may also protect against breast cancer.

Item: Animals that have the highest incidence of mammary cancer—dogs, cats and laboratory rats—are the ones that man most often chooses to keep in a non-pregnant state. Mammary cancer almost never occurs in cows, sheep and pigs, whose breeding is encouraged for commercial purposes.

It is reasonable to ask whether the seeming protection against breast cancer comes from pregnancy itself or from the absence of menstruation due to pregnancy. Dr. Short believes the latter is true. Most cancer experts, however, do not share this view.

"Just as a cause-and-effect relationship can be made between breast cancer and non-child-bearing females, so, too, can correlations be drawn between breast cancer and diet in certain instances, and breast cancer and a family history of the disease," says Sidney L. Arje, M.D., vice-president for professional education at the American Cancer Society. "Obviously, there are many variables involved in breast cancer, and it is unwise to single out one of them. One out of every fifteen women develops breast cancer. What about the other fourteen, some of whom may be menstruating regularly?"

Using the Pill

Assuming, just for the sake of argument, that a woman might not want to have 350 periods during her lifetime, how safe and effective are the available methods for eliminating her period entirely or making it occur less often? A check with birth control experts reveals that there are several types of hormonal preparations currently being used for contraceptive purposes and several more under study, which eliminate or alter menstruation.

It is a little-known fact that many women take the Pill for longer than the usual 21-day cycle, and thus have no real periods and fewer than 12 pseudo-periods a year. Many gynecologists adjust the Pill schedule to suit their patient's needs. The rationale for the 21-day cycle in the first place was to mimic the normal menstrual pattern. The Pill's

(continued on page 56)

RALPH NADER REPORTS:

With high-rise buildings sprouting all over our cities, are sufficient precautions being taken to prevent disastrous fires? No, says the noted consumer advocate.

That multi-million-dollar movie about a catastrophic fire in a high-rise building has focused attention on the perils of disastrous skyscraper conflagrations. Since major fires in U.S. cities early in this century led to adoption of the first building codes, the risk of injury and death in office buildings has been considered minimal. Far more Americans have lost their lives in fires at home than at work. Now there is renewed concern about building safety as more and more people are working and living in modern high-rise buildings, as catastrophic high-rise fires in other countries occur more frequently, and as the concern about fire safety lags further behind innovations in building design. Most safety experts believe that U.S. office buildings, while more tightly regulated than those in most other countries, are not as safe as they could be and should be. More important, new building designs and synthetic products used for construction and furnishings are actually adding to the fire hazards in new buildings.

Smoke: No. 1 problem

The most important fire problem in modern buildings is the difficulty in containing the spread of smoke and toxic gases, which cause more fire deaths than direct contact with heat or flame. New high-rise designs have broken down old compartmentalized units with large open spaces around a central core and have opened up more avenues for the spread of smoke and fumes through unenclosed elevator shafts, air-conditioning and heating ducts, holes punched for pipes and utility cables and hidden spaces in walls and ceilings. For example, in a fire at One New York Plaza in 1970, in which two people died, fire and smoke were spread throughout the building through air-conditioning ducts. Smoke and hot gases also shot up through gaps between floor slabs and exterior walls. This wouldn't happen in older buildings with individual heating and cooling units.

There are ways to control the movement of smoke in high-rises, such as smoke-proof stair towers, pressurized stairwells and corridors, reliance on natural ventilation and special shafts to move the smoke. But many buildings have not designed in such precautions.

Greatly enhancing the fire problem is the increased use of plastics for construction (especially as insulation) and for furnishings. Certain plastics, such as foamed polyurethane and all forms of polystyrene, are highly combustible and give off large quantities of toxic gases. A graphic example of the danger of such plastics was the fire in the new BOAC terminal at New York's Kennedy International Airport in 1970. The only combustible materials in this glass-and-concrete building were 600 foamed plastic seats, a wool and nylon carpet and several shipping cartons. The plastic seats spread the fire so rapidly that $2.5 million worth of property was destroyed in 30 minutes. Fortunately, the terminal was not yet opened to the public.

Lives were lost in the fire in the Rault Center Building in New Orleans two years ago. Plastic decor and furnishings in a 15th-floor beauty parlor helped intensify and spread flame and smoke so quickly that five people were trapped in a corner of the burning floor and others on the roof. Fire equipment was helpless to reach the victims inside the building.

Safety standards and research have not yet been developed to meet these problems. In a 1974 study of fire safety in high-rises, Gregory A. Harrison, an engineer with the National Bureau of Standards, found that building codes "do not address smoke movement problems in high-rises" and are "inadequate in preventing spread of smoke and toxic gases from the fire floor to other floors."

Those new plastics

Although building codes to some extent regulate the use of combustible building materials, they say nothing about interior furnishings or the new plastic decor, floor coverings, etc.

The need for more research on actual uses of new materials and fire-safety analysis of new building designs was stressed by the National Commission on Fire Prevention and Control in its 1973 report, as well as the need for more incentives to persuade building owners to invest in fire prevention.

One such preventive measure is an automatic sprinkler system that is activated when the heat in an area reaches a certain intensity. These automatic systems could reduce the fire risk to occupants of high-rises to "near zero," according to engineer Harrison. The National Commission on Fire Prevention and Control also recommended automatic extinguishing systems for all buildings in which many people congregate and three model codes (whose standards are voluntary) that include sprinkler systems. But it is unusual for a high-rise to have a full sprinkler system because owners prefer to risk the relatively low probability of fire rather than invest in expensive sprinklers. Ironically, many buildings have walls strong enough to withstand a fire for four hours—but no fire-extinguishing system to give occupants, who could not last for four hours, a chance to get out safely.

Sprinkler systems

Harrison points out that the cost of sprinkler systems could be considerably lowered by reducing the need for other fire-safety requirements, such as four-hour walls. Arthur Sampson, administrator of the federal General Services Administration, says that the GSA has found that "with proper trade-offs, if you get into the design of the building early, sprinkler systems do not cost that much."

Following are questions to ask in evaluating your own building for fire safety:

1. Does the building have smoke-proof stairwells to serve as escape routes and refuges?

2. Are elevator shafts smoke-proof? (Most elevators are dangerous escape routes in a fire. In the fire at One New York Plaza, the elevator was automatically summoned to the fire floor when the effects of combustion activated the call button; the elevator jammed at the burning floor and two people died. Harrison reports that "numerous fires have occurred in which passengers were suffocated by smoke entering elevator shafts.")

3. What are the provisions for smoke detection and alarm? (Some building codes now require voice-communication fire-alarm systems, which are more effective than ringing bells in directing evacuation of a building.)

4. Does the building have a full sprinkler system?

5. Do windows open so that burning rooms can be vented?

6. Does the building provide for adjustment of air-handling systems to prevent spread of smoke and flames?

The 14,000 building codes around the country reflect community pressures for safety, and an active campaign to upgrade your code to meet hazards of new building designs can be effective. So can an effort to pass stronger state laws to require sprinkler systems and other safety features.

If you are interested in the Report of the National Commission on Fire Prevention and Control, write to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. The report costs $2.35. **End**

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BEAUTY JOURNAL

PH: THE NEWEST TERM

Have you wondered about that phrase "pH balanced" that's been popping up on cosmetics labels all over the place? You may also have seen the phrase "acid balanced." Both terms are used on cosmetics as a mildness gauge: products such as shampoos and skin lotions that are pH or acid balanced are designed to be compatible with the chemical makeup of your skin and hair—both are naturally a bit on the acid side for everyone. This new consumer information helps you avoid using strongly alkaline products, which in the long run, we feel, dry skin and hair.

BEAUTY COUNTER

Rain, wild grass, robin's egg blue and tender pink . . . we've been shopping for the beauty of spring. Well, okay, you can't *buy it*, but you *can* find several ways to pamper yourself and have the fun of experimenting. Here are some of the new things we especially liked.

• Delicate skin loves bath gel—and our delicate skin is fond of Neutrogena Rainbath Bath Gel. Smells terrific. Feels good. And do you know anyone who *doesn't* have delicate skin? $3, 4-oz. tube.

• A newish product we recently got to fooling around with is Ultima II Creme Eyeshadow by Charles Revson. One little dot blended on with a fingertip seems to wear for hours. We especially liked Pure Turquoise, which is actually a kind of robin's egg blue. $3.75 for a ¼-oz. jar.

• Brand new—Ultra Feminine Concentrated Wrinkle-Conditioning Hand Lotion by Helena Rubenstein. We found it helpful for that prunelike condition hands assume after washing too many dishes. You can also apply it before heavy work to give you extra protection. 8 oz. for $4.

• Are you ready for this? "A man doesn't have to go far afield to find splendor in the grass." So says the makers of Jovan Grass Oil After-Shave/Cologne. $6 for 4 oz.

Illustration by Thea Kliros



LIPSTICK RUNNING

Q: *My lipstick ends up running into the crevices around my mouth. Can this be avoided?—K.N., Des Moines, Iowa.*

A: One of the best ways to avoid runny lipstick is to extend regular skin foundation *slightly* beyond the edge of your natural lip line. This gives you an even background to work with. Outline your mouth with a lip brush first, then fill in. Use a magnifying mirror and do a perfect job. Don't use gel lipsticks or colored lip glazes; a solid stick would be your best choice. Do look for a bright color in an opaque lipstick. Try blotting once, then reapply as necessary—a procedure that helps the lip line stay set. (For more on lips, see p. 84.)

SPRING GLEAMING

Want to glow? We're letting you in on five simple tricks smart beauties rely on to give them that extra radiance. And they're all based on the soft irridescent white of pearls, a white that gives you a softly heightened glow.

• **Wear pearl earrings.** The classic small pearl button adds a "light point" to your face. (The discreet look is still a good one.)

• **Try pearlized foundation** to accent your cheekbones. Put three dots across each cheekbone and smooth across the crest of the bone. The effect is subtle and very, very pretty. Lots of companies make pearlized foundation—three that come to mind are Estee Lauder's "Fresh Air Makeup Base," Frances Denney's "Incandescent Foundation," and Merle Norman's super-pearly "Liquid Gleamer."

• **Wrap your throat in pearly white.** A white silk scarf by day, filmy white chiffon for evening. You'll be amazed at the glow your face reflects.

• **Great white scent.** Evoke a delicate white flower. We like Coty's Muguet de Bois (lily of the valley), perfect for April.

• **How to appear in the best possible light.** A pearly white lampshade creates a flattering glow in your room.

Exercise of the Month

HOW TO UNWIND



Q: *Do you know an exercise that will help relieve tension in the neck and shoulders?—M.B., Hartford, Conn.*

A: The best thing you could do would be to start an overall sports or exercise program to keep your whole body in shape, but here's a simple exercise for neck and shoulders. Do it slowly, in one continuous motion. 1) Drop chin as low as it will go toward your chest. 2) Rotate chin over, across shoulder. 3) Drop chin as far back as it will go. 4) Rotate chin across opposite shoulder. 5) Repeat in opposite direction.

Border by Garie Blackwell.

The Science of Beauty:

Helena Rubinstein has utilized the natural adsorbing ability of clay to create another breakthrough: Fresh Cover Cleanser. It lets even city-clogged skin breathe.

Fresh Cover Cleanser does more than remove the dirt you see. It adsorbs dirt you don't see. This unique lotion cleanser is the first to use the natural adsorbing ability of clay to gently lift away makeup, city grime and excess oil that clog your pores. Just massage it on. Rinse it off. Your reward: skin that's deeply refreshed, sparkling clean. Skin that can breathe freely again. It's a smooth start for Fresh Cover Makeup, Powder and Blush. They're all formulated by Helena Rubinstein research to let your skin breathe.



Fresh Cover
Helena Rubinstein

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Fashions by Robert Mackintosh.


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ly out here, in Marlboro Country.
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Marlboro
FILTER CIGARETTES
Marlboro
100's
Marlboro Reds or Longhorn 100's—
you get a lot to like.



JUDY
Her Official Life Story

"Suddenly there were no barriers between us, I had known her all her life, we were one." The best-selling author of "I'll Cry Tomorrow," "Beloved Infidel" and "The Boston Strangler" begins his brilliant, new biography of Judy Garland. First of two parts.

BY GEROLD FRANK

Although I first met Judy Garland in London in 1960, I came to know her in the spring of 1968 in New York, when we were brought together by a publisher who thought I might write her autobiography. She had attempted this several times before, each time with a different writer. In each instance the project ended almost as soon as it began. Because Judy had been in and out of psychoanalysis for many years, it was assumed that she would be accustomed to the process of exploring her life, and would not find it difficult to tell her story. Who here or abroad did not know it in roughest outline: from child vaudeville star through *The Wizard of Oz* and the all-too-many musicals, the exploitation by her mother and Metro-Goldwyn-Mayer, the regimen of sleeping pills and wake-up pills, the broken marriages, the concert tours, the suicide attempts, the repeated illnesses and nervous breakdowns and inability to perform—invariably followed by triumphant comebacks in which she transformed audiences into manic worshipers screaming, "Judy, we love you!"—yet, through it all the endless, heartbreaking, unavailing search for personal happiness so achingly captured in her song "Over the Rainbow"?

By any measure, an extraordinary personal history. But the fact was that she did find it difficult to talk about herself. In many instances, it was too painful. In some, she was too ashamed. In others, she sought to maintain a mystery about herself, a reserve, a defense, so that people would not find out her vulnerable qualities and, with this knowledge, hurt her. Since her troubles as well as her triumphs were so well known, it always seemed open season on Judy Garland. People treated her like a common possession. They bandied about her name, her problems. They *knew* her, knew what was wrong or right about her, what she should do, how she should handle her life. She found this amusing and annoying, and at times resented it fiercely as an invasion of privacy, even though she knew this was the price she paid for being taken into people's hearts.

"Everybody says they know me—they know the *real* Judy," she once complained to her daughter Liza. "Nobody knows me! Not *me!*"

Liza, then in her precocious teens, and always a most perceptive creature, had to agree. "I don't know you, Mama," she said, and she meant it. "I only know that I don't."

Judy flashed back, "Then you know more about me by saying that than anyone else."

Invariably when she talked about herself, the entertainer took over. It was the best way to evade and avoid. The result is that the huge wealth of newspaper stories and magazine articles, even after her death, and the books based upon stories she herself told, or on interviews she gave, must be suspect, especially where they are autobiographical. Judy was not an accurate source with respect to herself. She exaggerated outrageously, invented gleefully and over the years changed her stories—they were performances, too, and she aimed to please, and to entertain. There is no doubt that Judy Garland lived in her own special world of fantasy. Telling stories, making up stories, was a good part of her life. Living itself was to her a marvelous and exciting adventure, but at the same time, and in its own strange way, a journey involving nameless, awful terrors; and with her ingenuity and antic humor, she

(continued)

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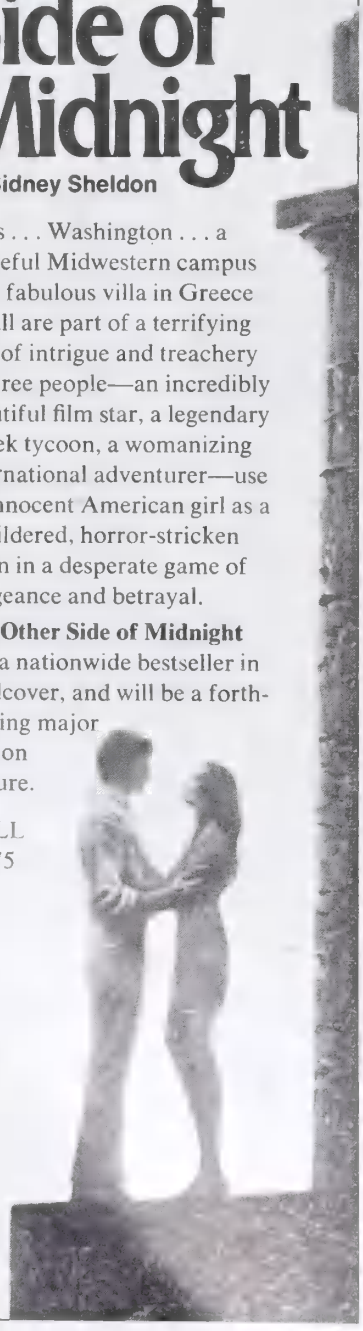
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could fit whatever happened, however harrowing, into that adventure.

She abhorred dullness. I have seen, and can cite instance after instance, of how she changed her autobiographical accounts as the years went on; and when, at certain periods, a paranoiac note suffused much that she saw and did, what had at one time been merely tall stories, enormously funny improvisations touched by her mordant and often macabre wit, became accusations, almost unbelievable tales of cruelty and suffering at the hands of others. At least, in the later years. That she once, almost *in extremis*, called Peter Lawford, an old friend, to come to her rescue, exhibiting her face bleeding with what appeared to be tiny razor cuts and sobbed that her then husband, Mark Herron, with whom she had had a fight, had "come after me with a razor"—only to have it disclosed that she had inflicted the cuts on herself—is but one of many such episodes.

It was exciting, it was dramatic, it was masochistic, it was wildly feline, it was *acting*—and it brought sympathy, sympathy, sympathy, which she needed as a drowning man needed oxygen. Make no mistake, we are dealing here with a most complex creature. Thus, where at first there had been stories of charming self-mockery, wry accounts of episodes in which she was the hapless but lovable butt of malevolent forces out to frustrate her, there was now the cry of helpless, impotent rage at those who she thought had destroyed her and against whom she fought valiantly—yet still ready, suddenly, to break up with almost hysterical laughter at the duplicity and fiendish absurdity of everything about her. In consequence, there grew up a mythology, most of it contributed by Judy herself.

Another instance may be cited which became an integral part of that mythology. Writing in a magazine in January 1964, Judy described how she and Mickey Rooney were worked beyond endurance while making the musical *Babes in Arms*, in 1939. "They'd give us pep-up pills to keep us on our feet long after we were exhausted. Then they'd take us to the studio hospital, and knock us cold with sleeping pills. Then, after four hours, they'd wake us and give us pep pills so we could work another seventy-two hours in a row."

This story is untrue. Yet it, and others similarly cruel—that her mother, to punish her, would silently pack her bags and pretend to forsake her, alone, in a hotel room in a strange city, or prevented her from having a normal warm relationship with her father—have found their way into nearly every biography of her. These were the tales told by Judy Garland, the teller of tales; this was the mythology; and in the years since her death, they have been repeated, refurbished, retold.

I had some inkling of this when, early in 1968, an appointment was made for Judy and me to meet again. It was arranged by Sid Luft, her third husband and father of her two younger children, Joe and Lorna Luft. Though their marriage had ended and Judy had been married and divorced since, she and Luft maintained an amicable relationship. He and I were to join her at 10 P.M. in her suite at the St. Moritz Hotel.

We two dined earlier at the near Plaza Hotel, where Luft was staying. He took the occasion to explain that Judy was a night person, rarely able to be herself until late in the evening. Just before ten o'clock he interrupted dessert to telephone her. She was not ready. Eleven would be better, she said. At eleven she was still not ready; nor at midnight. At 1 A.M. she was nervously asking Luft if I could possibly wait until 2 A.M.; and it was not until then that he returned from the phone to say she could see us now. We had been drinking the hours by in the Plaza's Oak Room bar, and during the brief walk to the St. Moritz, Luft explained that Judy was extremely nervous about meeting me and needed the time to prepare herself.

I meet the legend

I was nervous, too. This woman who was already a legend and part of the very folklore of our time, this terrifyingly explosive, unpredictable superstar presented a challenge to any writer and especially to one who would have to work with her in the intimate, almost psychoanalytical relationship of the literary collaborator, who becomes confidant and confessor as well as personal historian—and, in the end, alter ego taking upon himself, if possible, the very shape and sense of her identity.

In my days as a foreign correspondent I had interviewed a number of the makers and shakers of the world—popes and presidents and Nobel Laureates—all, I thought, with a certain aplomb; but walking down the corridor at the St. Moritz on my way to the suite of Judy Garland, the entertainer, I was surprised at my own apprehension. I found myself saying fatuously to Luft, "I almost feel like asking you, 'How shall I act?'" He said, with a brief smile, "Just be yourself," and knocked on her door.

It was opened by a handsome, dark-haired man of 28 or 29 who introduced himself as Tom Green. He was her fiancé and personal manager. I did not make out Judy immediately. Then I saw her. She was seated on a sofa on the far side of the room, wearing a dark dress, surprisingly tiny, thin, a child, a waif, staring at me, her huge black eyes

(continued on page 112)

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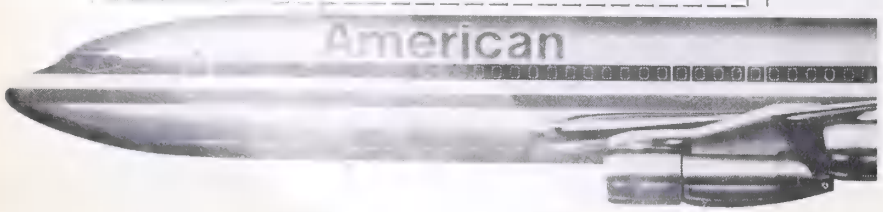
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MENSTRUATION
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developer, Gregory Pincus, M.D., felt that women would miss having their periods, so he balanced the hormones in the Pill to provide bleeding. But a number of gynecologists feel that there is no physiologic need to follow this schedule. For years they have lengthened or shortened the cycle for women who were getting married, going on a trip, or engaged in demanding professions such as dancing, acting or politics, or who simply didn't want to bleed 12 times a year. (Note: no woman should switch her Pill schedule without consulting her doctor; there may be a good reason for her to remain on a 21-day cycle, or her doctor may believe it's better to follow the natural cycle.)

In Edinburgh, Scotland, a pilot project sponsored by the Family Planning Association in cooperation with the Medical Research Council, just got underway to test the efficacy and convenience of a longer Pill cycle. Several hundred women will take the Pill daily for 84 days, then go off for seven days. They will keep a record of any breakthrough bleeding or other symptoms.

The mini-Pill

Since 1973 when it was approved for general use, the mini-Pill containing only progestin has been taken by a number of American women. Some women on the mini-Pill have breakthrough bleeding; some even get pregnant because the hormonal preparation is not 100 percent effective in suppressing ovulation as is the traditional pill. But others have no breakthrough bleeding at all after several months on the preparation.

A few gynecologists have put patients on "no-flow" pills. "I tell my patients, 'Why bleed if you don't want to?' " says Harvard's Dr. Kistner. "Most of them are delighted to be freed from menstruation once they understand that a period is neither part of the body's cleansing mechanism nor a badge of their femininity."

Another hormonal preparation, used by hundreds of American women and thousands of others abroad, is Depoprovera, a long-acting injectable contraceptive containing progestin. Depoprovera often (but not always) suppresses breakthrough bleeding. (As of last February, the Food and Drug Administration held back approving it for general use in light of controversial, although inconclusive, evidence linking it with an early form of cervical cancer).

Other contraceptive methods under study could suppress menstruation either by interfering with ovulation or acting on the endometrium. These include the use of progestin-coated vaginal rings or IUD inserted into the vagina, injections of progestin, or tiny, time-releasing cap-

sules containing the hormone implanted into the arm—all of which are being tried by women in pilot studies. Another approach might be to suppress the build-up of the endometrium by somehow manipulating prostaglandins (powerful hormones that appear in this and every other body tissue).

From the traditional Pill to progestin-coated vaginal rings, all these methods provide protection against pregnancy and alter or eliminate menstruation. But they are not without side effects. In rare instances, blood clotting and other disorders can be caused by the traditional Pill that contains both estrogen and progestin. (The mortality rate for Pill users is said to be 1.5 per 100,000 women under 35, and 3.9 per 100,000 for women 35 to 44.) Recent studies indicate that the rate may be lower with newer pills containing less estrogen. While there is no evidence that the traditional Pill causes cancer, it is too soon to say with absolute authority. The widespread use of the Pill goes back only to 1965, and certain forms of cancer take ten or more years to develop. Far less is known about the long-term effects of the newer hormonal preparations because they have not been used long enough.

Some doctors worry about the long-term effects of suppressing menstruation on both the ovaries and the uterus. Even the traditional Pill seems to make certain women infertile later on. Doctors can successfully treat most of these women with fertility drugs.

Is it Safe?

While medical experts studying the subject generally conclude that menstruation is not necessary, they are having far more trouble answering the question: "Is it safe to do away with periods?" Some medical experts, like Dr. Kistner, believe that regular suppression of menstruation has no permanent harmful effects and that most women (with no other cause of infertility) could conceive later if they wanted to. Other experts, Dr. VandeWiele among them, believe that the hormones controlling menstruation affect a complex set of physiologic processes from the metabolism of carbohydrates to respiration. "Unless we know for certain that the synthetic way is definitely better than the natural way, why tamper with human physiology?"

Of course, the most effective—although irrevocable—way of doing away with a woman's period is by hysterectomy (removal of the uterus). Most physicians do not recommend it for women with normal periods (it's major surgery carrying an element of risk), although some women with a history of difficult menstruation do decide to end their menstrual troubles once and for all sometime after the birth of their last child. Removal of the *(continued)*





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MENSTRUATION

continued

uterus does not eliminate the monthly hormonal fluctuations associated with the menstrual cycle. After a hysterectomy a woman continues to ovulate until she undergoes menopause. It's just that there is no buildup and shedding of the endometrium—and therefore no bleeding.

A potentially dangerous technique for capturing menstrual material before it is released (thus sparing a woman the flow of blood) is menstrual extraction —or menstrual aspiration as it is known. At self-help clinics across the country, certain women presumably trained in this technique perform it on other women who don't use conventional birth control or don't want to put up with a monthly flow. Menstrual extraction is similar to the vacuum extraction technique for early abortion. It is done with a long, hollow tube resembling a flexible straw attached to a vacuum syringe. In a matter of minutes, the normal uterine lining, menstrual material and possible fertilized egg are extracted.

"For a few minutes you have cramps which will make you grit your teeth. Then it's over," says one woman who undergoes menstrual extraction regularly. Putting aside the question of why a woman would want to have this d to herself, the procedure obviously d not eliminate any of the phases of menstrual cycle except the last one, passage of the menstrual material. popularity has declined partly beca of the adverse publicity it has recei and partly because of the Supreme C decision making abortion legal.

Potential hazards

As for the potential hazards of m strual extraction, Dr. Tyrer says that pirating the uterine contents could ca infection and possible infertility if instrument used is not sterile or if woman's resistance is low. Another d ger is that repeated menstrual ext tions could remove more than the nor amount of the uterine lining, stripp the endometrium down to its basal l so that it cannot regenerate itself.

At any rate, freedom from menstr tion comes with menopause. "Ironica some women value their periods m just when they're about to lose the says New York psychiatrist Helen Kaplan. "It's a sign that they are fertile, like younger women. Some them take estrogen replacement ther for menopausal symptoms and ask th doctor to give them a preparation t will cause withdrawal bleeding."

(continued on page 1

MYTHS AND MISCONCEPTIONS ABOUT MENSTRUATION

1. Women must restrict their activities during their menstrual period. They should not exercise, have sexual relations or take tub baths.

There is no medical reason for any of these restrictions. Most doctors say that women should do whatever feels appropriate for them.

2. If a woman misses a menstrual period, poisonous materials will build up in her body.

Not so. If a woman misses a period it will not make her sick nor lead to the accumulation of "dirty" waste products in her body. A missed period for reasons other than a pregnancy can be caused by many factors: emotional upsets, travel, changes in a home or work environment. It is only of concern when it is a symptom of an underlying health problem.

3. It is "safe" for a woman to have intercourse during her period because it means she has ovulated.

Women do *not* always ovulate 12-14 days before their period begin. In rare instances, ovulation can occur before, during or immediately after a period. Only endocrine tests can tell for certain. For this reason gynecologists recommend using some form of protection during a period if a woman wishes to have sexual relations. For example, use of a diaphragm during a menstrual period is not only perfectly safe, it has the additional advantage of temporarily halting the passage of blood from the vagina.

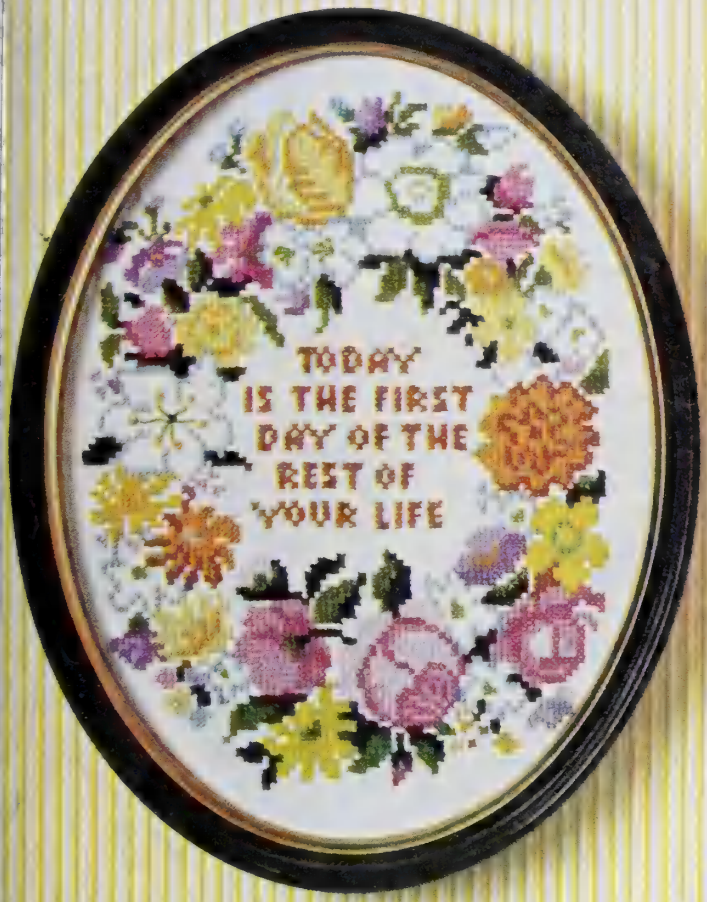
4. A menstrual period that lasts less than three days or more than five is abnormal.

Not necessarily. Three to five days is the average time span for a period. But it is also normal to bleed for only one day—or seven. Sometimes menstruation may be preceded or followed by a day or two of slight bleeding (known as spotting). As long as this spotting comes within the period, it is not abnormal. Some women may occasionally spot slightly in mid-cycle. This light bleeding is usually associated with ovulation, and in a healthy woman probably isn't of any consequence. Bleeding at any other time, should be brought to the attention of a physician immediately.

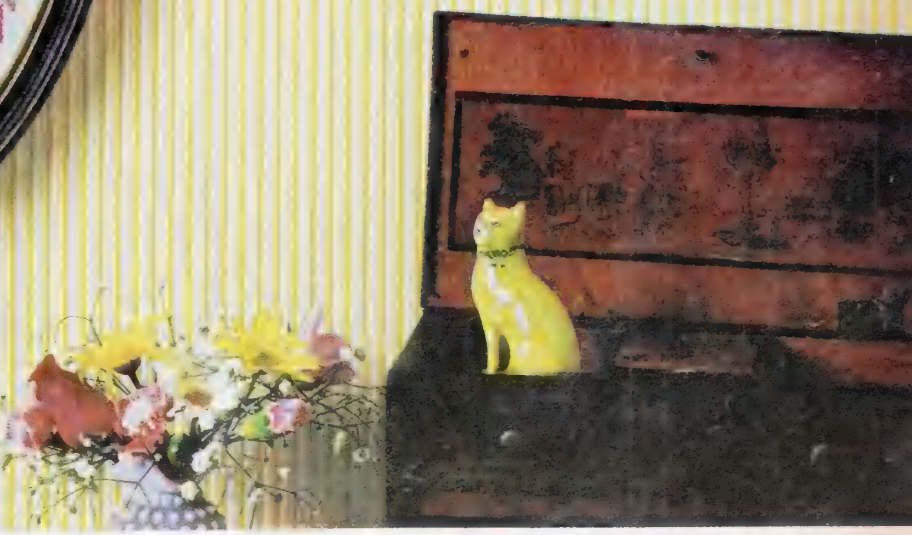
5. A heavy flow is abnormal.

Menstrual flow may be light, moderate or heavy. The amount of flow varies from woman to woman. Most women tend to overestimate the amount of blood they actually lose. In an average menstrual period, about one to three ounces of blood is lost. If a woman feels that her blood loss is excessive she should keep track of how many tampons or pads she saturates in a given day and discuss the matter with her physician.

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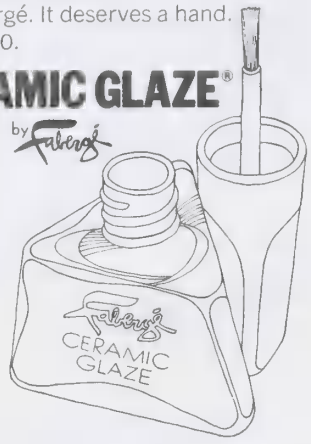
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MEDICINE TODAY

By David R. Zimmerman

Juvenile diabetes update, simple new "dunking" therap heart-disease myths exploded—and more medical news.

Juvenile diabetes: When juvenile diabetes strikes children, it may blind or even kill. It is far more serious than when diabetes strikes in adulthood. A diabetic's body does not produce the hormone insulin, which naturally regulates the sugar metabolism in the blood. Thus, insulin must be provided in some other way. So, most juvenile diabetics must inject themselves with insulin at least once a day—a painful, only partly effective treatment.

Now researchers say diabetics produce too much of the hormone glucagon, which increases blood sugar. They have discovered a substance, somatostatin, which controls the level of glucagon in the body. Doctors testing it at the University of California Medical Center in San Francisco hope that somatostatin will be ready for use by 1980.

Meanwhile, research funds and help for patients are being provided by the new, nonprofit Juvenile Diabetes Foundation (23 East 26th St., New York, N.Y. 10010). And, to help diabetics record and alternate insulin shots, the Baptist Hospitals Foundation (Birmingham, Ala. 35222) offers—for $2 by mail—a "body map" of 200 injection sites.

Skin clinic. A breakthrough appears near for sufferers of itchy, unsightly psoriasis. Harvard skin specialist John Parrish, M.D., reports "complete clearing" in 21 of 21 cases treated with a new regimen: light-sensitizing substances called psoralens are taken orally, followed by skin exposure to an intense, new ultraviolet light. The key to the treatment is the light, but it is not yet available commercially.

Though less devastating than psoriasis, acne too is a distressing skin ailment. University of Pennsylvania dermatologist Otto Mills, M.D., reports impressive results from a new regimen of the antibiotic erythromycin and vitamin A, both applied to the skin. Erythromycin relieves redness and inflammation, and vitamin A clears the pores. The antibiotic lotion is not commercially made.

Have a heart. There are so many reports about the common factors that can contribute to heart disease that it is a relief to report research studies that refute two of these alleged connections:

- Los Angeles public health officials report in the medical journal *Lancet* that they found no correlation betwe water hardness and heart disease.
- The Framingham, Mass., Study searchers report, in the *New Engla Journal of Medicine*, that coffee drinki does *not* cause heart ailments.

GTS, a dread disease. A cruel, incural disease called Gilles de la Tourett Syndrome (GTS) impels sufferers twitch in bizarre fashion, to bark li dogs and to utter frequent profaniti The symptoms are wholly involunta and the best a victim may be able to is to hide behind closed doors. Some v tims of this rare syndrome withdra from human contact, while many oth have overcome their handicap.

A world center for GTS study Payne Whitney Clinic in New York Cit where the husband-wife psychiatr team of Arthur Shapiro, M.D., a Elaine Shapiro, Ph.D., treat 150 p tients, principally with a drug, halope dol. In GTS patients, an abnormal high level of a biochemical substan called dopa has been found in the spin fluid. Haloperidol brings this level u der control. Unfortunately, the drug h severe side effects, but it does redu GTS symptoms by 80 to 90 percent. D Elaine Shapiro says that it is importa for GTS sufferers who have been mi diagnosed—and or given ineffective ps chotherapy—to seek drug treatment. F information, write the GTS Associatio (P.O. Box 3519, New York, N.Y. 10017

Dunking. People afflicted by sudde bouts of rapid heart beat (paroxysm atrial tachycardia) are being taught take a deep breath, then immerse the faces in cold (36°F.) water for 15 to 3 seconds. This simple maneuver will slo their heart rate up to 30 percent, accor ing to Kern Wildenthal, M.D., of Soutl western Medical School in Dallas.

Dunking proved encouragingly effe tive in relieving the heart symptoms i seven out of seven patients who tried i Dr. Wildenthal says, and was "quic simple, and inexpensive." Thus it ma forestall the need to hospitalize patient while they receive heart-slowing med cation intravenously. But dunking shoul be tried first in a hospital—with a doc tor's approval. Dr. Wildenthal says works like the reflex that slows a duck heartbeat when it dives, so it can sta under water longer. **En**



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For the active woman.

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MOTHERING

By Geraldine Carro

News, ideas and information every mother needs to know about child-rearing.

How Safe Is Your Child's Summer Camp?

When 12-year-old Katherine O'Keefe drowned during a camp trip several summers ago, her parents began asking questions.

The O'Keefes discovered that the camp had sent a group of children downriver in inner tubes without life preservers. They also learned that the two camp counselors present hadn't been trained in Red Cross Life Saving techniques.

Last summer close to 100 deaths and 250,000 accidents occurred in the country's nearly 10,000 children's camps. How many tragedies might have been avoided if proper safety measures had been taken?

What parents like the O'Keefes have learned—too late—is that most states have no comprehensive safety laws covering camps.

One bereaved parent, Mitchell Kurman of Westport, Conn., whose son David died in a camp boating accident ten years ago, has been leading a one-man crusade for federal laws to protect the nation's 11 million camp children.

His prodding has led to Congressional hearings. Year after year everyone from the American Camping Association to the Campfire Girls and the PTA has spoken in favor of a Federal Youth Camp Safety Law, but so far a law hasn't been able to pass both the House and Senate.

Kurman blames lobbyists for private camp owners. "Everyone lobbies for the camps and no one lobbies for the kids," says Kurman.

Some opponents of the bill say each state should write its own safety laws without federal interference. But Rep. Dominick Daniels (D-N.J.) who hopes his Youth Camp Safety Bill will finally pass this session argues, "If you don't have nationwide standards how do Massachusetts parents know if their kids are safe in a Vermont camp?"

14 Ways to Find a Safe Summer Camp

While many good camps do take responsible safety measures, we suggest you check for yourself:

1. Visit the camp yourself.
2. Don't be sold by the sponsor's name or fancy brochures.
3. Ask for the names of former campers. Follow up the references.
4. Is the camp *accredited* by the American Camping Association?
5. Are the counselors experienced?
6. Are they 19 or preferably older?
7. Camper-counselor ratio?
8. Do waterfront instructors have Red Cross training? Is there a "buddy system" for swimming?
9. Are there enough life preservers for each child in a boat?
10. Does the rifle range meet National Rifle Association standards?
11. How close is medical help?
12. Are State Health, Sanitary and Fire codes met?
13. Has at least one counselor on outings made the trip before?
14. Write to your congressman in favor of the Federal Youth Camp Safety Bill NOW.

Shaking The Baby: A Dangerous Game

"... *And down will come baby, cradle and all.*" As the nursery rhyme ends, parents traditionally drop the baby playfully to portray the falling cradle.

This and other seemingly innocent games that involve tossing or shaking the baby can be potentially dangerous. According to Dr. John Caffey, a Pittsburgh pediatrician and radiologist, such games may cause whiplash and subsequent hemorrhaging of the blood vessels that feeds into the child's brain.

Violent shaking—more often done in anger than fun—has caused mental retardation and several known deaths.

Studies have not yet proved if occasional gentle shaking can have a dangerous cumulative effect, but Dr. Caffey suggests parents stay on the safe side. He recommends they fight the urge to shake, jounce or jiggle children. He urges extra caution with children under two who are most vulnerable to whiplash because of their weak neck muscles.

Rent-A-Kid

For teen-agers in most of the country, landing a summer job will be harder than usual this year because of the tight economy—but not if they're lucky enough to live in New York's Dutchess County.

Rent-a-Kid, a local matchmaking service, will be helping job-hunting teen-agers meet people who can use an extra hand around the house.

Last year the nonprofit referral service placed 1,800 teen-agers in this mainly rural area in full or part-time summer jobs.

Rent-a-Kids baby sat, gardened, mowed, cleaned, painted and farmed their way through the summer. Some earned enough to pay for vacation trips. Others saved toward college or bought new clothes. But best of all, the summer wasn't a bore.

"We placed a lot of fourteen- and fifteen-year-olds who usually just slump around," says Liz Cohen, 18, the program's co-ordinator.

Liz supervises the 18 Rent-a-Kid stations in banks and public buildings across the county. Homeowners call or mail in their job specifications to the nearest center. Any teen-ager 14 or over can register for work. Salaries are worked out privately between homeowners and kids.

Rent-a-Kid was begun five years ago as a public service by the Dutchess Bank and Trust Company. Other community groups quickly joined in. Last year the federal government put up funds to help finance the program. "Everyone has worked to make this project a success," says Bank Vice-President John Mazzetti.



Do you have ideas or news for other mothers? Write your comments to "Mothering," LHJ, 641 Lexington Ave., N.Y., N.Y. 10022

The Fisher-Price Dolls welcome Joey, the new boy on the block.



Joey has freckles, rowdy hair and rugged blue jeans. But someone still has to tie his sneakers for him. And help him on and off with his football jacket. Maybe your own child will show him how.

Like our other little lapsitters, Jenny, Mary, Elizabeth, Natalie, Audrey and Baby Ann, our Joey has a huggable body, hands and face that can be washed and hair that doesn't mind a combing.

And because he's a Fisher-Price Doll, he can take all the cuddling and spanking and rough-house that a well-loved doll is given. Because when dolls turn into best friends, you want them to be with you a long, long time.

Look for Fisher-Price Dolls in your favorite Fisher-Price toy center.

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HOW TO KEEP LOVE IN LONG MARRIAGES

Some call it the "20-year-itch"—and to scratch it, end their marriages. But there are other answers. By Adelaide Bry

Tracey R. of suburban Chicago is an attractive, red-headed mother of two girls, 17 and 14. She and her husband, John, had what she calls a "comfortable" relationship. She says, "The sex wasn't fancy, not wild, but warm and comforting.

"Then one night, John came home late. He was slightly drunk—now I see that the liquor was supposed to give him the courage to talk. He said, loudly, 'I want a divorce.' I was stunned. No quarrels. Nothing. There went nineteen years of marriage."

The case of John and Tracey R. is becoming more and more typical of today's divorce scene. Divorce in mid-life is on the increase. Men and women in their late thirties, forties, and even fifties are cutting long-standing marital ties that in another era would have been indissoluble.

The reasons for middle-aged divorce vary, but, based on my experience as a practicing psychotherapist, I find that they fall into several different and well-defined categories.

Mrs. Tracey R.'s husband, for example, was what I call a SEX HUNTER. He was sure, he said, that he had found the perfect sex partner. He felt renewed, alive. She wasn't young, nor especially pretty. But in bed, she was fantastic.

Dr. Melvin Heller, 50, a Philadelphia psychiatrist, believes that "The disparity between the way we were brought up thirty years ago and the erotic fantasies beaten into us by radio, TV and newspapers creates pressures it's impossible for many a middle-aged male to withstand. He's pushed to purchase a brand-new sex life and wife, just as he's pushed to buy a new car."

Adds Dr. Heller: "Sure, men have always wanted to satisfy every kind of sexual desire: everyone has fantasies. But now the American wife, after fifteen or more years of marriage, is supposed to be a super-lover and gratify all those sex desires of her husband's. She is, in middle age, supposed to add one more skill to her repertoire."

The sexual revolution, particularly the increasingly graphic books and movies that preach the gospel of a perfect sex life, is sending both men and women out in search of a perfect union.

The results can be catastrophic. Joan M. had a complete breakdown when her husband walked out because he, too, had been "turned on" sexually and insisted on making his new relationship legal. Joan cried bitterly as she told me: "How is it possible after fifteen years of marriage to have exciting orgasms night after night? At first I relished all those sex books. I honestly did get turned on. But now I see that they're destructive—to middle-aged people, anyway."

And then there's another group of middle-aged divorces—the HATERS AND PICKERS.

These are husbands and wives who have been fighting for years. As long as the children were home they deflected their attention from their disputes to focus on the children. But the husband-wife relationship must have some reason of its own to exist. When the children leave home, the empty rooms resound with marital bickering. And before long, one partner or the other decides it is time to leave.

In another era, men and women had other relationships that took the burden away from marriage—duties in the church, in the community, old friends to rely on. But in today's mobile society, in which relatives and old friends are often not around, husband and wife rely on each other for a wide variety of securities. A man in his forties, under great economic pressure, recognizes that he's beginning to slow down; he relies on the refuge of home. A couple who have moved often and live far from their original roots need each other. When, in mid-life, either husband or wife fails to live up to this supportive role the marriage goes down the drain.

Agnes R., divorced after 24 years, wept as she told me her story.

"Both of our children are in college. Dan's and my sense of obligation to

(continued on page 67)

"I laughed when they set down the bowl of new, improved Gaines·burgers®."



He won't eat them, I said.

I mean, all he ever eats is canned dog food. It's got to be moist and meaty, or he just stares at you and walks away. So if it doesn't come from a can, forget it.

But these are new, improved Gaines·burgers®, they said.

I said that was very nice, but my dog wouldn't eat them.

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I said that was marvelous, but he wouldn't eat them.

Well, he ate them.

I mean, he *demolished* them.

So now my dog demolishes them regularly. The Beefy Gaines·burgers and the Cheese-flavored Gaines·burgers and the Gaines·burgers with Egg. He likes the variety, and I found that I don't really miss having those cans of half-eaten dog food all over my refrigerator.

I'm not laughing anymore.

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Filter: 11 mg. "tar", 0.7 mg. nicotine, Menthol: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report OCT. '74.

LONG MARRIAGE

continued from page 64

hem kept the marriage going. We did pick at each other a lot, and it got worse without the children at home. Frankly, I was used to the arguing, but Dan said he couldn't stand it. He left me and married a woman he'd known two months because he said they really understood each other; he said there was no fighting. But I wonder just how long that will last—because *Dan likes to fight.*"

Here is a woman who understood her husband. Often the HATERS AND PICKERS get divorces in search of a quiet, easy relationship—only to find that they don't really like quiet, easy relationships. They like hating and picking.

Martha R. understands this—now that she's in her second marriage. "I divorced Tom after twenty-seven years for a quiet, nice widower who had been my childhood sweetheart. I was sick of the way Tom and I argued—it grew worse after the kids left. But now I will tell you secretly that I'm behaving the same way in my second marriage.

"I know now that arguing is part of my nature. But, I feel thwarted, my second husband won't rise to the bait. Often I wish I were in the middle of a good fight!"

The HATERS AND PICKERS often divorce because they fantasize a beautiful, peaceful life. And then they don't want it when they get it!

A third category of mid-life divorcers are the FED-UPPERS. This group consists primarily of men weary of economic pressure, tired of going to the office every day.

The traditional grail of success that attracted and motivated these men years ago has lost its meaning. Once upon a time, men who felt this way would have dreamed of fleeing to faraway places while watching the football game in their dens. But they wouldn't have acted out their dreams. Now they actually leave home for good.

Beyond materialism

The FED-UPPERS have gone beyond materialism. In order to leave home they know they must give up the things money can buy, but they don't care. They decide they can live on practically nothing.

They usually give their wives the home, the car and whatever other possessions they have. They want out, whatever the cost.

There is a once successful Midwestern stockbroker who now lives alone in a California trailer not far from his 18-year-old son, who lives in a rural commune.

There is the insurance broker who carefully organized his finances, saw that his wife was "taken *(continued)*



DOES YOUR YOUNGER-LOOKING FRIEND KNOW A SPECIAL SECRET?

You're sure you're both the same age. Yet she looks decidedly younger than you do. Clearly, she knows a special secret. And even though she's your close friend, she's reluctant to share that precious knowledge. She may give you her recipe for chocolate roll. Tell you about a sensational new diet. Or even whisper where she finds her terrific clothes at tiny prices. But when it comes to the special secret of looking her youngest, her lips are sealed.

It's up to you to discover that secret for yourself. It's entirely possible that your friend is one of the fortunate, younger-looking women of the world who have experienced the highly visible benefits of a unique beauty fluid. This fluid, known in the United States as Oil of Olay beauty lotion, helps women, whatever their age, look their youngest.

Beauty connoisseurs discovered Oil of Olay and its remarkable ability to soothe away the dryness that can make aging little lines and wrinkles far too noticeable. Skin virtually drinks in Oil of Olay. The beauty fluid penetrates your skin's highly visible surface completely, deeply and almost unbelievably quickly . . . and there's never a greasy afterfeel. From the very first days, you'll notice your skin growing softer and more supple as the pure moisture, tropical oils and other emollients do their good works.

Oil of Olay works hand-in-hand with nature to help maintain the delicate balance of oil and moisture in your skin, needed if you're to achieve your youngest look. The beauty fluid, compatible with the skin, acts like the skin's own moisture in alleviating dryness. And, as an added benefit, Oil of Olay helps keep your own natural moisture in the skin, where it can work effectively.



Most devotees of Oil of Olay use the beauty fluid at least twice each day. In the morning, to give a fresh and dewy radiance, or as a superb makeup base that lets cosmetics remain fresh for hours. At night, to soften and gentle during hours of sleep.

You will find Oil of Olay at your drugstore. Let it become *your* special secret of looking younger, a secret you may choose to share with friends who have not yet made the beautiful discovery.

Beauty Secrets

When you need to feel refreshed quickly, splash your face with cold water, pat dry and then, to protect and pamper, gentle on Oil of Olay.

* * *

Sometimes exposure to harsh weather can make your neck especially sensitive to the chafing of clothes. Soothing Oil of Olay® can help.

care of," and departed to "live like a bum" on the coast of southern Spain.

There is the Eastern corporation vice-president who actually invited his wife to chuck suburban life and join him in a cabin in Wyoming. She refused to give up her comforts, and they separated amicably. She says he writes her occasionally and reports that he is "happy for the first time in his life."

An anthropologist at the University of Pennsylvania says that the hippie movement has reached into the "over-35" group to make many converts. It was inevitable that some restless, fed-up, middle-aged men would follow the actions of those young people who turn their backs on houses, dishwashers and regulated suburban lives.

A wife cannot change a FED-UPPER's mind. He isn't departing for another woman; he is following the youth culture's example by "dropping out."

A fourth category of mid-life divorcers is the INDEPENDENT WOMAN.

She married in the 1950's and was persuaded to stay home and have babies; now she's dissatisfied and yearns for another way of life. If she's around 40, she feels it's not too late. It could be that she's having her identity crisis now. Unlike the FED-UPPERS (mostly men), the INDEPENDENT WOMAN wants to "do her own thing"—but it doesn't mean living in a commune. It does mean a job or going back to college if she can afford it.

Woman's former theoretical fidelity to marriage was practical; she couldn't get out because she had nowhere to go and no way to take care of herself. Now the stigma of being an INDEPENDENT WOMAN is rapidly diminishing—and besides, she can support herself. She can work in an office or hospital; she can retrain herself for all types of jobs; some may be low-paying, but she can survive. She no longer has to endure marriage until "death do us part."

A variation of the INDEPENDENT WOMAN—the woman married to an alcoholic or to a man who is *her* financial burden—can also get out of the relationship today.

This kind of woman feels that life without a man may be better than what she has. After years and years of running the home and family, and being compelled to put the desires of others ahead of her own, she now wants to sort herself out, to find out who she is.

A different world

Marie R., a nurse, had raised four children, and at 48 asked her husband, Bob, for a divorce. He had been drinking heavily for years. They had no sexual relationship; they were, she said, "living like strangers." Her children urged her to leave him.

"I knew I could make a decent living. If my mother were alive, she would be horrified, but now I guess it's all right. The world's different; I have no man in mind, I just want peace and quiet. I can't help Bob any more. He's drained me far too long."

Jane B. is a well-to-do mother of three who planned her own divorce by going to secretarial school a year ago, in order to be ready to stand on her own.

"I knew Jack wouldn't give me a dime if I left, so I decided I'd learn to take care of myself. Finally, at 45, I'm growing up as a person. I'm standing up alone. I don't need to lean or ask for money. I love being independent."

But a warning is in order. When you are over 35, solving your identity crisis by breaking up a bad mariage is a ticklish decision. It isn't so easy out in the world for the woman who suddenly finds herself alone. It takes great courage, dedication and purpose.

The fifth category of mid-life divorce, the EARLY-MISTAKE RECTIFIERS, are men and women who have a lot to offer—but not to each other. Some couples are simply badly mated. Some combinations are just incongruous sexually, temperamentally, spiritually, and in every other conceivable area.

Don't buy a douche without smelling it first.

Because that's how you'll smell when you use it.

Send for sample packettes of Jenéen—
the only douche with the scent of fresh lilacs and roses.

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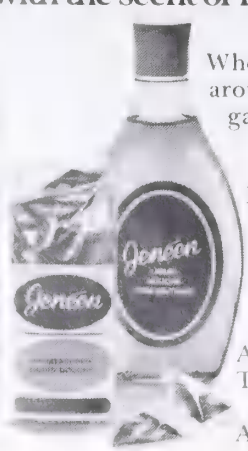
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When you use a douché, you find its scent all around you...on your body...in the air. That's why we gave Jenéen® the scent of fresh lilacs and roses.

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And Jenéen is easy to use. It's a liquid. It mixes instantly with water. So it can't cake or clump. And it comes in a convenient bottle as well as individual pre-measured packettes.

All these things are what douching is about. The fact that you use Jenéen means you'll smell as fresh as you'll feel.

And that's what douching's about, too, isn't it?

NORWICH PRODUCTS division of Mor

In previous eras, when marriage vows ere more ironclad such people would ave stayed together because of "social istom" and led separate private lives. ut not any more. Keeping up the pre-nse because of "what people will say" no longer the thing to do.

Dr. Harold Lief, director of the Mar-age Council of Philadelphia, has spent s life trying to help make marriages ork. He says that most people who me for marital counseling really could ake their marriages work better, but e agrees that some marriages never ould have existed in the first place.

Some couples' differences can never e reconciled. It isn't just the simple ikes and dislikes"—choice of vacation; ome, amusement, food, even friend-ips. It's more innate: it's a way of ob-rving life and people, a structure of elief that grows more disparate with ne passing years. It's two people who ave lived essentially alone since they ere married, unable to cross over into ach other to meet somewhere, some-ow.

Mary J. said sadly and quietly: "I got arried because I was pregnant; my amily thought I was a bad girl and this as my only choice. For one wrong ight, I've lived twenty years with the rong man. But no more."

Three years ago Mary met a man hom she loves. "For the first time I now what real love is," *(continued)*

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she says, "and I'm going to have it now."

One woman, Leslie M., 37, the mother of two teen-agers, had married because her parents felt her husband was a good catch. "They saw only the externals: good family and lots of money. They forced me into marriage at seventeen. The good family isn't so good. His dad is a heavy drinker and mean, and along the way, the money has evaporated. But now it's my life, not my parents', and I'm getting out."

Included in the group I label THE EARLY-MISTAKE RECTIFIERS are women who did what their parents wanted, who got married because they were suddenly fearful of not being married, and some who felt they must legalize a relationship in order to have sex.

As difficult as it is to project a relationship into the future, these couples were so completely off-base in their choices of marriage partners that even growing up and growing older couldn't help them to sustain their relationships.

In the sixth and last category of mid-life divorcers are the DEATH-DEFIERS. On the surface this group looks much like the SEX HUNTERS, because both are often in search of a new sexual relationship. But there the similarity ends.

The DEATH-DEFIERS must deny the reality of getting old; they divorce out of fright. In this group, a man will choose only a very young bride because, for a while anyway, he can pretend he's young himself. He is trying to avoid the trauma of middle age itself.

By 35 or 40, a person must recognize his or her own death as a real possibility, unless one blocks out the truth. According to Carl Jung, the famed psychoanalyst, youthful pursuits should be replaced by a less impulsive way of life as one gets older; wisdom should prevail, and man and woman should become more spiritual in nature.

But some middle-aged men and women can't progress to life's next stage; instead, they want more intense proof of being young—and they feel that sexuality is the most viable affirmation of human vitality.

Both men and women are DEATH-DEFIERS. When they divorce, it is the *younger* mate they seek. More older men find younger women than the reverse. It is not uncommon to hear about the 55-year-old man who marries a woman of 24. It is uncommon to hear about a woman of 55 marrying a man of 24.

Avoiding reality

Elaine L., mother of four children whose ages range from 20 to 11, was married to a computer expert for 22 years. She said, "My husband came home early one day, with tears in his eyes. He paced the floor while he told me that his boss, 48, had suffered a heart attack in the office and had died. Jack saw the whole thing happen.

"During the next two months, Jack began acting strangely. Then one night he told me that he was leaving—to marry a twenty-two-year-old girl he had met at a bar. I was stunned. We had a good marriage; I knew that seeing his boss die was the reason."

Elaine consulted a psychiatrist, who explained what had happened, although he couldn't change the reality of it. The death of his boss had affected Jack deeply, and he was determined to avoid the reality of his own middle age by marrying a "young" woman.

Then there was Ruth R., who at 45 ran off with a young artist she met at a party. The man was 25, and her friends were horrified. But the inevitable question—"How long can it last?"—didn't faze Ruth. "I'm going to live for now," she says. "I never felt young when I was young. Now I feel like a kid again."

So DEATH-DEFIERS see youth as their way of trying to escape the basic pattern of life—life *and* death. And the onslaught of middle age brings on the crisis.

What can a woman do to stave off a mid-life divorce if she feels the relationship is worth saving? The first step is to focus on this marriage and don't fantasize that the next marriage will be better. The real truth about most second marriages is never told. It's *(continued)*



Unretouched photo of results on new sneakers identically stained with dirty axle grease.

This sneaker was washed twice in Tide.

This sneaker was washed once the Dynamo® way.

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The little blue jug is...Dynamo!

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LONG MARRIAGES
continued

possible that even if they are a *little* better, it is because people involved won't let go the second time around.

Remember, you're caught in a "divorce trend." More people are divorcing, but it still hurts and the pain may continue. Here are some marriage preservatives for when the going gets rough.

- Give your relationship a daily rest. Don't think about him at all for five hours straight. Think about *you*. Do something that interests you.
- Be angry in fantasy. Many people are able to work out angers by feeling them; it then lessens the anger. Sit quietly for half an hour and *feel* anger.
- Write down your life expectations. Most marriages are in trouble because people want *more*. Almost no one would divorce except for *more*. Is your *more* possible, realistic or sheer fantasy? Write it down and look at it next week.
- Try, where possible, to feel positive about your marriage. What good vibrations can you send his way simply because he's human? What good marital moment can you recapture in your mind? Feel it for yourself. Sit quietly in a darkened room while you practice.
- Take simple positive action. Do three things a day for him that require no words—a light kiss on the neck, a quick hand squeeze, a shoulder caress. Say absolutely nothing. These small actions send good vibrations; you'll get some in return.
- If all else fails, try a holiday alone. Sit on a beach and view the movie of your marriage from a distance. Is there something better than what you have? Or is our American dream of eternal romantic love getting us into more trouble than we ever anticipated? I think that is the answer. **End**

Adelaide Bry practices psychotherapy in Philadelphia. She is the author of a new book, The Sexually Aggressive Woman.

PIECES OF TIME

By Gladys McKee Iker

What haunts the heart
past three o'clock
When sleep is fugitive?
Over the mind's wide meadow
jump the sheep.
One by dew-damp one, still sleep
Hides in the shadows where the heart
hoards.
As a child, its treasures.
Days of illusions, love's old geography,
Good talk and friends.
Now is the sorting out of odds and ends
Of happiness . . . pieces of time
In a moon lit jig-saw of rhyme.





1914 after 6 years' psychotherapy with the famous Viennese analyst, Frederick Schlinger, Mrs. Ruth Thornburg felt free enough to smoke in his presence. *Dr. Schlinger straightened her out.*



You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



ning: The Surgeon General Has Determined Cigarette Smoking Is Dangerous to Your Health.

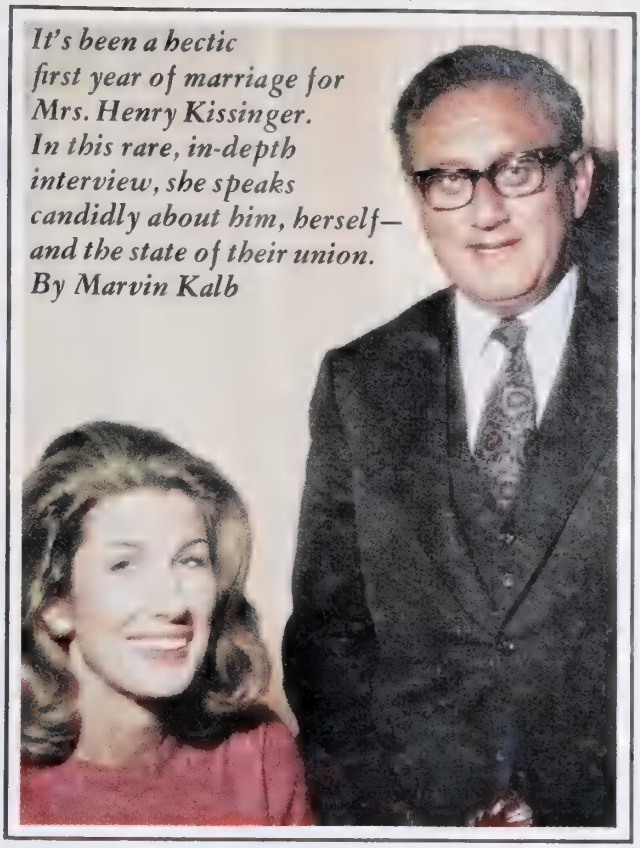
Regular: 16 mg."tar," 1.0 mg. nicotine—Menthol: 15 mg."tar," 1.0 mg. nicotine av. per cigarette, FTC Report Oct.'74

Funny thing about Duncan Hines Deluxe II, they might not wait till it's frosted.



That's because it's so moist and good tasting.





It's been a hectic first year of marriage for Mrs. Henry Kissinger. In this rare, in-depth interview, she speaks candidly about him, herself—and the state of their union.
By Marvin Kalb

NANCY KISSINGER

My Life With Henry

Nancy Kissinger is a new kind of Washington woman. She is neither the super-sophisticate from New York, who reluctantly accompanied her husband to Washington but who really pines for Tiffany, Bergdorf Goodman and the Lincoln Center; nor is she a bewildered girl from a prairie town, frightened by the comparative cosmopolitanism of Washington and really yearning for the old sewing circle. Nancy Kissinger is different. She stands on her own: bright enough, self-confident enough, involved enough to love Washington, with pride, and to leave it, with even more pride, whenever her husband's hold on power slips. Years ago, Henry Kissinger admitted that his judgment on women was poor. "I used to be a D-plus," he said. In the last year, by having had the good sense to marry Nancy, and to listen to her, he has finally, in this one area, earned a straight A. This rare exclusive interview shows why.

The time was August, 1964; the place, San Francisco, where Barry Goldwater was sweeping the Republican convention. All the way from a downtown hotel to the Cow Palace, Henry Kissinger, a recently divorced, relatively unknown professor of government at Harvard, had shared a cab with Nancy Maginnes, a graduate student and summertime aide to Presidential contender Nelson Rockefeller. Their conversation was easy and stimulating—"We have always been chatterers," Nancy recalls—and they focused naturally on politics. Both she and Kissinger were depressed by Rockefeller's dwindling chances. That evening they continued talking over dinner.

"I dropped him a note of thanks," Nancy Maginnes explained a decade later, after she became Nancy M. Kissinger, "and I signed it, 'Affectionately.' In a way, that's very bad, I know. But that's the way I was brought up. 'Sincerely,' 'Affectionately' and 'Love'—that's the progression, always directed at someone older." She paused, her clear, blue-gray eyes reflecting a trace of amusement. "If it's someone older," she smiled, "*for whom you have great respect*, you add 'affectionately.' "

"I didn't realize until ten years later," joked Kissinger, who at 51, is 11 years older than his wife, "that she signs all her notes that way."

For all his gallantry back in 1964, Kissinger did not prove to be an aggressive suitor. For the next four years, Kissinger shuttled between Cambridge, Mass., where he taught, and New York, where he continued to advise Governor Rockefeller about American foreign policy, or Washington, where he served President Lyndon B. Johnson as a part-time consultant and negotiator on Vietnam. Rarely, it appeared, did he have time for Ms. Maginnes.

She, for her part, had quit a teaching job at the Masters School in suburban Dobbs Ferry, N.Y., and enrolled in the Manhattan School of Music, where she studied piano, voice and harmony. "I became an opera nut," she recalls. After a while, she abandoned New York for Berkeley, where she became a graduate student at the University of California, specializing in modern French history. But she finally dropped her pursuit of a Ph.D. As one of her friends quipped, she didn't want her obituary to read, "Eighty-year-old Ph.D. candidate dies." She became increasingly interested in big-time politics. In 1967, she joined Governor Rockefeller's entourage, working full time in the foreign policy area.

In 1968, Presidential politics beckoned once again—and so did the professor from Harvard. As the *(continued)*

Photographs by Stephen Green-Armytage



campaign gathered momentum, Ms. Maginnes became one of four researchers working for Kissinger, who began to spend more time in New York and less in Cambridge; and, after a four-year lull, the two "chatterers" began to find more time for each other. More meetings and more dinners. Long walks down Fifth Avenue. Marx Brothers movies on the Upper West Side. Westerns on the *Late Show*. Seminars *à deux* in European politics, Vietnam, Soviet-American relations—often deep into the night. A stimulating, easy rapport developed; a bond of mutual respect and affection grew.

Even after Kissinger was invited to join the Nixon White House after the 1968 election—for a Rockefeller loyalist, that was surely enemy terrain—the Henry-Nancy romance continued to flower, slowly and for the most part secretly. Kissinger would find time in his hectic schedule for an occasional quiet weekend in New York—and, with some frequency, Ms. Maginnes would slip down to Washington for a small dinner party with close friends. Now and then they would go public, showing up at the opening of a play at the Kennedy Center. The next morning, a photograph of the plumpish, bespectacled Presidential adviser and his tall, shy, attractive date would appear on the society pages, arousing a good bit of speculation and bewilderment. After all, Kissinger was usually photographed with Hollywood celebrities, such as Jill St. John or Candice Bergen. He cultivated his reputation for being the only authentic, red-blooded "swinger" among Nixon's crowd of gray, teetotaling automatons.

"It was *such* a gradual process," Mrs. Kissinger says, reflecting on how their relationship developed. "It just grew. It takes time for two people to get close to each other." By early 1971, the romance reached that moment of maturity when both Nancy and Henry knew that they would get married, but neither was impetuous. They both recognized that there were problems. For one thing, there simply wasn't enough time. Kissinger was either racing off to Paris for a secret meeting with North Vietnamese negotiator Le Duc Tho, or slipping into Peking to see Chinese Premier Chou En-lai. Nancy had to wait.

Then there was a political problem. Ms. Maginnes remained a devoted member of the Rockefeller team, and they decided that it would be easier all the way around if the marriage were postponed until after the first Nixon term. Finally, there were the twin problems of religion and background. Kissinger was a German Jewish immigrant, a divorced man with two children (Elizabeth, 15, and David, 13, live in a New England college town with their mother, Kissinger's first wife, who has remarried), a Nixon aide who lacked the social grace and manner of the Establishment. Ms. Maginnes was a Westchester WASP, the daughter of a prominent New York lawyer, who was raised on a 17-acre estate and enjoyed riding her pony across the front lawn. Their courtship was a classic example of the attraction of opposites. It required a great deal of patience, maturity and love to overcome all of the psychological obstacles to marriage. It also required a new job to set the stage.

On September 22, 1973, Kissinger became America's 56th Secretary of State. His move from the West Wing of the White House to the seventh floor of the Department of State was accompanied by a swift change in life-style. Kissinger dropped his old image as a "swinger" and adopted a new one as a sober diplomat. From his new vantage point of power, Kissinger no longer worried about H. R. Haldeman's anger or Nixon's sensibilities, and he chose to overlook his parents' reservations. He proposed to Nancy, she accepted, and a small, private wedding was planned for late December, 1973. At the last minute, it had to be scrubbed; the dangerous aftermath of the Yom Kippur War intervened. The wedding was rescheduled for January, 1974. Again the Middle East intervened. The wedding was finally set for late March, after Kissinger returned from an important mission to Moscow, and this time the Arabs and the Israelis cooperated long enough to allow him and his fiancée to plan their wedding down to the smallest detail.

Henry Kissinger and Nancy Sharon Maginnes were married on March 30, 1974, in a four-minute ceremony performed by Judge Francis E. Thomas in Arlington, Va. No rings were exchanged—to this day Nancy does not wear a wedding ring—and the guest list was small. "I didn't want too much publicity," Nancy explains. "That would have been an agony. I wanted it to be a family affair."

It was and it wasn't. Nancy's mother, Mrs. Albert Bristol Maginnes, and her brother, David, were present. (Mr. Maginnes died in 1966.) So were Kissinger's two children and his brother, Walter. But Kissinger's parents were absent. Louis and Paula Kissinger, Orthodox Jews who live in New York City, refused to travel on a Saturday. One of their friends later said they didn't attend because they did not approve of the mixed marriage. Nancy's explanation was diplomatic. "Henry's father is in his late eighties," she said, "and we thought that a whole day of driving might be too hard on him." Only after the couple was airborne for a Mexican honeymoon (they flew off in one of Rockefeller's private jets) did the State Department solemnly announce the marriage, almost as if it was a diplomatic event of major importance. In a way, it was. The story was front-page news around the world.

Nancy Maginnes could afford the luxury of privacy; Nancy Kissinger could not. The wife of a Secretary of State can usually be ignored. But the wife of this particular Secretary of State is special, because *he* is so special. She walks at his side. She basks in his limelight. She shares his secrets—and his bodyguards. She is, in fact, the first wife of a Secretary of State to require full-time protection at an estimated cost of $250,000 a year. Her connections with the Secretary of State and with the now Vice President make her a possible target for terrorists and kidnappers.

In the year since her marriage to Kissinger, Nancy has emerged as the first lady of American diplomacy, a responsibility she takes seriously and performs with a combination of modesty, charm and intelligence.

Nancy Kissinger is a very busy person. In addition to her formal obligations as hostess, travel companion and sounding board for the man who, according to recent polls, most Americans admire more than any other in the nation, Mrs. Kissinger has retained her job as director of international studies for the Commission on Critical Choices, a body Nelson Rockefeller set up as a potential vehicle for another Presidential bid shortly after he resigned as Governor of New York. Since becoming Vice President, Rockefeller has formally detached himself from the commission, which has reconstituted itself into a floating "think tank" to study the problems of America and the world.

Mrs. Kissinger may not be a Perle Mesta, but she has already left her mark on Washington's swirling diplomatic world. After a rocky start, during which she seemed somewhat ill at ease and preoccupied, Nancy recently hit her stride. "She's absorbed in the job now," says Susan Mary Alsop, a close friend, "and she is absolutely a top hostess. Never

(continued on page 131)

ABOUT THE BLOSSOMS, ABOUT THE WORLD

By Barbara Rohde

A child's dreams are fragile. How much should a mother risk to protect them?

I have always blamed my Uncle Harry for the fact that I am such a casual housekeeper. Harry stopped in one day a couple of years ago to ask Pudge and me to go fishing with him down at Hopkin's Pond, and I said Pudge could go, in fact I would be delighted to have that four-year-old out of my way for the afternoon because I had to clean the oven and four-

(continued on page 114)



Illustration by Gervasio Gallardo. To obtain a full color 22 in. by 23 in. ready-to-frame reproduction of this illustration, see page 120.



CROCHET AND NEW LACE

Make our summer shawl and lace-trimmed dress

We herald a great romantic revival—hand-crocheted lace. For our own pretty update we crocheted a scattering of shamrocks to trim a pristine-white linen blouse and skirt. The same motif reappears in the lacy shawl that completes this poetic statement. Complete directions for this exclusive Journal design on page 130.

By Alison Beyea, Home-Sewing Editor

Modeling our nostalgic look from the past is a girl with a bright future. She is covergirl Maud Adams, a slim Swedish-born beauty who is well on her way to a successful movie career. Maud, a $100,000-a-year model, landed the role of the new James Bond beauty in the latest Secret Agent 007 adventure, "The Man With the Golden Gun." Next came the starring role in the new James Caan movie "Rollerball," a futuristic drama set in the twenty-first century. Despite her glamorous career, Maud lives a quiet life in a one-bedroom Manhattan apartment with several parrakeets, two bicycles, a piano and a guitar. So far she's put off moving to California although it would make it easier to pursue a movie career. "I've always been a little afraid of Hollywood," she confesses.

Photograph by Neal Barr



Bands of shamrock lace trim a summery long-sleeved blouse and flounced skirt (Simplicity 6727 and 6893). The same bands can be used to trim bed linens, placemats or other home furnishings. The lacy shawl uses the same motif, inspired by Victorian Irish patterns. William Unger yarn; Logantex fibranne and silk fabric. Backviews on page 130.



POLICE-WOMEN

How well are they doing a "man's job"?

The answer, to borrow one of our favorite phrases, may be: Never underestimate the power of a woman. By Susan Edmiston.

JOURNAL EXCLUSIVE

How do police chiefs rate policewomen?
See page 126 for the results of our major national survey.

When I was a child, my father would suggest that I become a policewoman. He had been a New York City detective and, like all men familiar with policewomen's work, thought of it as a "great job." Women had all the advantages (the security, the pension) with none of the disadvantages (the danger, the sometimes grueling physical work, the punishment of irregular, ever-changing hours). Of course, they had little of the adventure or the challenge or the promotions, either. Most women were assigned to clerical work, juveniles, female prisoners, investigating "women's complaints" (such as purse-snatching) and occasional undercover work in narcotics and vice squads.

Today all that is changing. The policewoman's job has become "a great job" in an entirely new sense.

"Can women perform all functions of police work? One could ask, 'Can *men* perform *all* functions of police work?' Such comparisons would be extremely unfair."—Dayton, Ohio.

In 1968, Betty Blankenship and Elizabeth Coffal of Indianapolis, Ind., became the first women assigned to radio-car duty. But it wasn't until Washington, D.C. (in 1972) and New York City (in 1973) sent women out on patrol that significant numbers of women began doing the essential "nuts-and-bolts" police function.

In 1972, Title VII of the Civil Rights Act was extended to employees of state and local governments. This means that every police department in the United States must now consider hiring and assigning women on an equal basis with men. Unless, that is, they can prove that sex is a bona fide occupational qualification for the job. Right now that seems highly unlikely. A year-old study of the Washington, D.C., experience has concluded that, although there are minor differences in how men and women do police work, the two sexes perform equally on the whole.

The Washington study, the first and most comprehensive of its kind, found that women were somewhat less aggressive in giving out traffic citations, that men were more likely to engage in serious unbecoming conduct, and that women seemed in some cases to defuse violent situations. But women and men made the same number of arrests resulting in convictions. And on September 20, 1974, rookie cop Gail Cobb became the first policewoman to die in the line of duty—demonstrating to some the ultimate equality of men and women in the job.

"I share the concern regarding the safety of mixed patrol teams in certain situations. But I can also think of conditions that would threaten hell out of two *male* officers in a car."—Memphis, Tenn.

Perhaps no occupation is considered more inherently "masculine" than that of the uniformed police officer on patrol. Where the process of integrating women into this profession has begun, it is posing difficult challenges and raising fascinating questions. Three cities I visited—Dayton, New York and San Francisco—are handling the matter of women on patrol in three different ways.

DAYTON, OHIO: It was a little after 11 P.M., 23 degrees and snowing lightly when I set out on patrol with Officer Joyce Bean, an attractive, five-foot, three-inch, 115-pound 26-year-old. Although unpopular early in her career for reporting another police officer's infringement of a department rule, Joyce finished her probationary period with more endorsements than anyone else, male or female. She was assigned to Dayton's highest crime-rate area.

This night, Joyce was patrolling with a 23-year-old rookie named Roger Rockwell. There was no question about who was in charge. In the manner of all senior police officers with rookies, Joyce would periodically bark out commands. The evening began with a series of routine incidents. Joyce gave a warning ticket to the driver of a car with a burned-out tail light, reported on the recovery of a stolen van, and took home an elderly vagrant.

Then a "family trouble" call came over the radio. A man had taken a shot at his woman friend and then left, saying he'd come back and kill her. Family disputes are considered extremely dangerous, so the lone officer on the beat radioed for assistance. Although Joyce's car wasn't specifically called for backup, she decided to "fall in." We joined the patrolman several blocks from the woman's house in a deceptively peaceful suburb. Several seconds later the official backup car arrived and everybody went to question the woman.

"At first, male officers were overprotective. After the female officer showed she could handle herself, this was not so much a problem."—Tulsa, Okla.

Just then, Joyce noticed a car coming down the street with its headlights off. Of all the officers on the scene, she was the first to see it and the first to respond. "That's him," she said. "Let's go." Roger and I jumped in the car after her. "He's running," Joyce said, as the man began to speed, recklessly passing stop signs and other cars. Joyce drove rapidly, closing in on the suspect. Finally, he pulled over.

Joyce and Roger sprang out of the car. Roger stretched over the trunk, his gun aimed through the rear window at the back of the driver's head. Joyce, flashlight in one hand and gun in the other, stood in the *(continued on page 122)*

Opposite page: Officer Maralyn Hershey, Washington, D.C. Below: Sgt. Joan Pearson of New York City monitors street demonstration.



Photographs by Ken Regan-Camera 5

What's Your Mouth

Your Mouth: It is the most expressive part of you. When it smiles, those around you smile. Your lips curl up and others are put off—or down. It tells who you are and what you feel—whether or not you speak.

Ever since primitive man stained his lips green to frighten off enemies, we have been sending subliminal messages with our mouths. Moorish women blackened their teeth as a sign of beauty, while proper Victorian women avoided lipstick altogether but resorted to biting their lips until they turned red before entering a room.

Today we rely on our mouths to say beautiful things about us and have all the benefits of modern science to aid us. A myriad of products help us color and shape our lips. Dentists, once men who simply pulled teeth, can now reshape and reconstruct our mouths.

We have come to realize that having a beautiful mouth is more than an exercise in personal vanity. Good teeth are a sign of good health. And even lipstick does your mouth a service by acting as a protective barrier against drying elements. For more about modern lip service turn to the next two pages. By Maureen Lynch, Health and Beauty Editor.

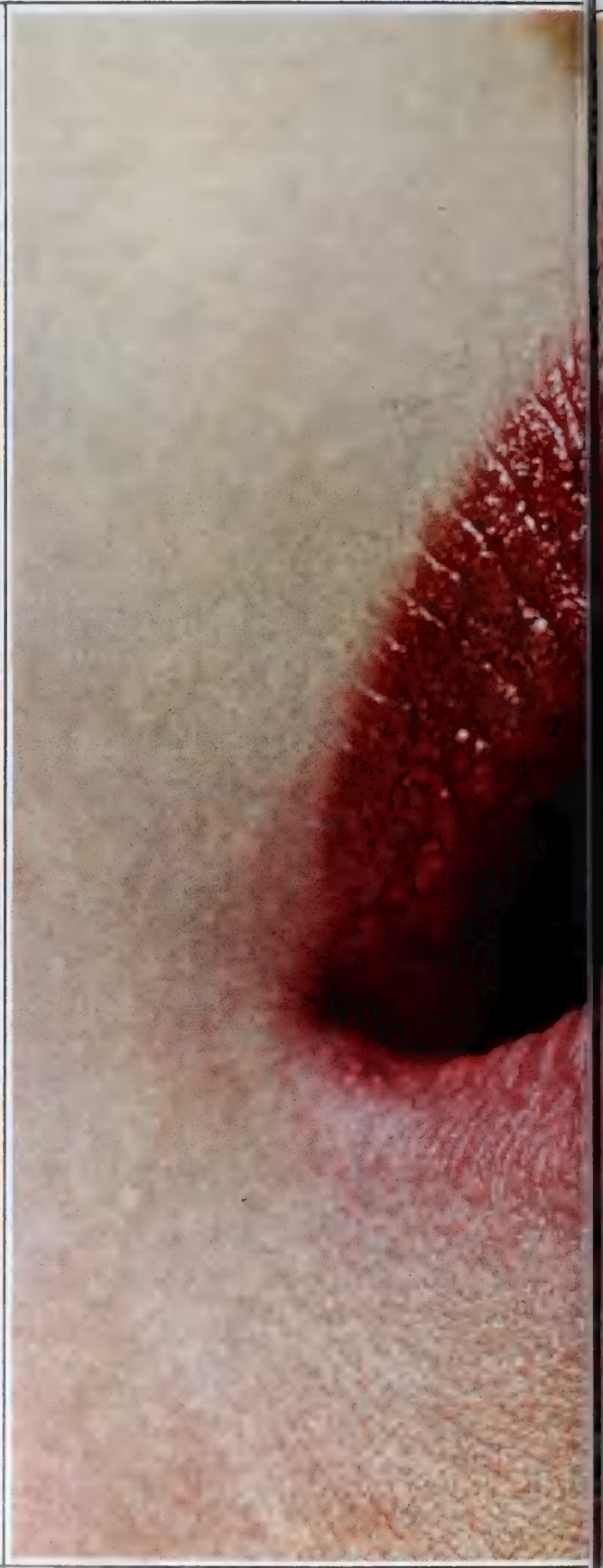
The mouth as a private signature: can you identify the famous lips on the right?

From top: Bette Davis, Marilyn Monroe, Jacqueline Onassis, Martha Mitchell, Lauren Bacall ("Hot Lips Houlihan"), Mona Lisa, Ann Blyth.

Photograph by James Moore. Makeup by Stan Lawrence

NAME THE MOUTH





Saying About You?



LIP COLOR: THREE PUT-ONS



Lipstick: Wind the tube up no more than about ½ inch. For leverage, balance your little finger on chin and start from center upper lip, filling in one side and then the other. Do lower lip in one careful stroke.



Gloss: Apply directly out of pot or compact with your pinky finger for best control. Start center lip, as above, and repeat on other side. Dip pinky back into gloss, start at outer edge of lower lip and move to center. Repeat from other side and then smooth out entire lip.



Gel: We prefer a lipbrush with a gel, but you could apply with pinky as above. Outline upper lips and then lower. Then fill in the rest of lips. Be sure that brush is saturated with color. Don't blot. Gels should look shiny.

Photographs by James Moore.

In the 18th century when a woman wanted to color her mouth she headed for the kitchen. "Take an ounce of white wax and of ox's marrow . . ." reads the recipe for red lipstick. Times having changed, instead of a cookbook we offer a guide to five types of lipcolor you can buy: 1. Tube of gell with brush for optimum combination of color *plus* shine. 2. Pot of clear gloss for shine, no color. 3. Lipstick in the tube—the classic for color, frosted or cream. 4. Lip crayon for quick color, simple application. 5. Tinted gloss, for shine with some clear color.



1—Ritz. 2—Estee Lauder; 3—Revlon; 4—Love; 5—Elizabeth Arden.

SHADES OF SUMMER

The new season is ablossom with color that recalls the sunlit flowers of an English country garden. Shades of carnation, hyacinth and geranium replace last year's darker tones.

A BEAUTIFUL SMILE

Babies may somehow manage to look cute with a toothless grin, but past a certain tender age it takes a mouthful of straight, even pearly whites to produce a beautiful smile.

Those well-placed and spaced teeth not only look good, they're also good for you. Good mouth architecture makes you less likely to lose teeth or experience difficulty in chewing your food properly.

Too many teeth

One reason so many of us suffer from overcrowded mouths is that

THE MOUTH TYPES

We photographed the mouths of six JOURNAL staffers and brought them to Dr. Robert Akeret whose new paperback *Photoanalysis* (Simon & Schuster, $1.95) analyzes what photographs reveal about the inner personalities of their subjects. Dr. Akeret was fascinated by our lip reading project and had surprisingly accurate hunches about the staff members whose mouths he studied. While the shape of a mouth is inherited, its expressions are learned, says Akeret. "It's fascinating how some people have practically no range of expression with their mouths—they're always small and tight-lipped.

"Even if they're happy they can barely smile. Others have a great range of expression," he says. See his analysis of mouth types on the right.



Coral Cream, Silkstick by Coty.



Silverfrost Rose, Charlie by Revlon.



Apricot Brandy, gel in a tube, Charles of the Ritz.



Mulled Rose, tinted gloss, Elizabeth Arden.



Sunbird Coral, Skin Life by Helena Rubinstein.



Delicate Mauve, Super Lustrous by Revlon.

our jaws keep getting smaller, according to Dr. Melvin Blake, an oral surgeon and associate professor at Columbia University. As a part of the evolutionary scheme our heads keep getting larger along with our brains while our jaws get smaller and smaller. We have ended up with too many teeth we don't need or use.

As a result we spend fortunes on metal braces to straighten our children's wayward teeth. According to dental experts there is no real age limit for getting your teeth on the right track. Even adults can wear braces—if they can foot the bill after they've paid for the kids' metal work.

No matter how much of a trial our teeth can be, we have come a long way from the 14th century Tooth Drawers who wore necklaces of the teeth they pulled. Today dentists prefer in many cases to reconstruct cavity-prone or otherwise damaged teeth with caps rather than pull them. In the future, dentists predict that tooth implants will be popular.

"The big word"

Actually, much of the trouble our teeth give us doesn't call for dramatic corrective work. The big word in dentistry these days is "prevention." Despite the fact that the toothpaste commercials keep nagging us to brush our teeth regularly, too few of us tackle the brush the prescribed two times a day.

As adults, our big source of trouble is plaque, a filmy substance that forms on the teeth and eventually produces cavities and gum erosion. Flossing and brushing to control plaque and remove food debris twice a day is an effective antidote combined with twice yearly visits to the dentist.

"Prevention is a lifetime undertaking," says Dr. Frederick S. Conklin, Jr. a prominent New York dentist. But it's never too late to start. If you've neglected your teeth since teen age years and are a day over thirty, he suggests you swing into preventive action immediately. Until then, keep brushing—and smiling.

1. *VERSATILE. Dr. A: What I see is a kind of pleasant pout. I had a real sense of versatility and flexibility. If she can do that with her mouth she can probably do it in life.*

2. *RESERVED. Dr. A: There's a quality of mystery about the lips like the Mona Lisa. She has a slight smile, but a kind of sorrow behind it all. There's a richness and reserve.*

3. *OPEN. Dr. A: I see a wholesome healthy smile. I feel she's cheerful, warm and friendly. It's an inviting upper-teeth smile. The lines are well worn on the sides indicating she smiles a lot.*

4. *OUTGOING. Dr. A: She's talkative, she's into communication. She's sharp, expressive and outgoing. She also has a sense of humor.*

5. *PLAYFUL. Dr. A: I see a delicious playfulness. An ability to engage in joyous fun.*

6. *SENSUAL. Dr. A: This is a cupid's bow—sensual and vital.*



Ken Regan, Camera 5



Private Screenings

Custom-designed panels and room dividers you can make yourself.

How do you turn a large, cold room into a warm inviting one? Hide an air-conditioner? Make a dining area in a living room? Create a private corner all for yourself in a crowded apartment? The answer in all cases: SCREENS. Screens are perhaps the most versatile and attractive decorating device we know. Most rooms can take one or even several. In fact there's no reason to stop at one screen when they're so easy and inexpensive to make yourself. We used one simple master plan to construct all of the wood-paneled screens here (see directions on page 22). The same basic frame takes a variety of treatments: wallpaper, fabrics, mirrors (from the dime store or pre-cut squares from the hardware store), inexpensive maps or prints or your own hand-painted design. You can even treat the back and front of a screen differently so that each side harmonizes with the area in the room it faces. Whether used as a room divider, for extra privacy or merely to decorate, we think screens add a special charm to almost any interior. By Nathan Mandelbaum, Director of Interior Design.



(Left)
Wall-paper and fabric: Two tall fabric-covered screens and a small wall-paper screen make an unusual trio.

(Top)
Trellis-Work: A private corner created by two trellis-patterned screens with lacquered frames.

(Right)
Dining Area: Two tall screens paneled with ordinary corrugated cardboard create a cozy eating area.



Photogaphs by Charles Gold. Mayhew white furniture and ceramic accessories. Morjikian rugs. Opposite: Stockwell wallpapers; top, right: Boussac of France fabric; bottom, right: Cyrus Clark fabric. More shopping information, page 128. Screen how-to instructions, page 22.



THE PSYCHIATRISTS' "20-MINUTE" DIET

If you can't lose weight on other diets, try this fad-free, no-gimmick, no-pill plan that will help you shed up to three pounds a week—safely. We've included seven days of menus and recipes. By Walter H. Fanburg, M.D., and Bernard M. Snyder, M.D.

This safe, sound behavior-modification diet has been developed by two psychiatrists, Walter H. Fanburg, M.D., and Bernard M. Snyder, M.D., co-directors of the Psychiatric-Behavioral Study Center in Washington, D.C. Both doctors feel that to lose weight successfully, you must change your eating habits. This diet, excerpted from their new book, "How to Be a Winner at the Weight Loss Game," zeroes in on one of the main faults of overweight men and women—eating too fast. This diet will, if followed properly, change your eating behavior so that you will slow down and slim down.

Overweight people eat too fast. There is a time lag for signals traveling from the stomach to the brain, notifying the brain that food has arrived. Therefore, if you eat quickly, your hunger won't be satisfied until after your stomach has received more food than you need. By increasing your eating time—that is, eating more slowly—you will find it easier to eat less. In addition, you will have a greater appreciation and enjoyment of your food.

You must make a deliberate effort to eat slowly. Here are five techniques you can use:

1. Do not pick up a second morsel of food until you have completely chewed and swallowed the first one.

2. Take a rest period after a certain number of mouthfuls.

3. Put your fork down frequently.

4. Pay more attention to the taste, smell and texture of food.

5. Try to be the last person to finish each course of a meal.

Until now, you have probably been a gulper and have never really enjoyed or appreciated your food. From now on, for this diet, you must select one place in your home to eat all your meals—and you are to eat each meal in no less than 20 minutes. Develop a definite rhythm to your eating; approach each meal from the standpoint, "How am I going to pace myself?" This is a crucial step you must take to lose weight successfully and maintain the weight loss.

This diet emphasizes foods that help bring about the desired new eating behavior of spending at least 20 minutes at each meal. The diet does this by enabling you to get greater satisfaction from the foods you eat.

The two basic categories of foods that will help you to eat in not less than 20 minutes are slow-up liquids and slow-up solids.

Slow-up liquids: You will eat less and be far more (continued on page 108)

Copyright © 1975 by Walter H. Fanburg, M.D., and Bernard M. Snyder, M.D., from "How to Be a Winner at the Weight Loss Game," to be published by Simon and Schuster. Photograph by Charles Gold.



Special Food & Equipment Portfolio

THE FREEZER—YOUR PRIVATE FOOD BANK

This is an open-door invitation to save time and money! In the following special section the Journal takes a look at the freezer and how it can work harder for you in these tough times. • You'll discover ways the freezer can free you from long unnecessary hours in the kitchen. • How it enables you to throw a party at the drop of a hat.
• The techniques that stretch your food and equipment dollars—and those that don't.
• How to maintain the quality of your frozen foods.
• The foods you should—and shouldn't freeze.
• A rundown on the types of freezers.
• Plus answers to the questions people ask most frequently about freezing. See the next four pages for several ingenious ways to make your private food bank work for you. Then check out page 111 for more of the cold facts about freezing. By Arlene Wanderman, Food and Equipment Editor.

Photograph by Leon Batlin.
General Electric freezer.



As your own private food bank, the freezer is a depository for two of your most important assets—time and money. (And time means money to more and more women these days.) With clever advance planning you can save these precious assets. Triple batching is a great way to do it. The idea is to plan, shop and cook for three different occasions in almost the time it would take to prepare for one. To illustrate we made a triple batch of meat loaf. We started with 4½ pounds of ground meats and prepared a meat loaf mixture. Next we divided the meat into three equal portions. The

TWO FOR THE FREEZER



first went into a tube pan responsible for the **festive-looking mold** above. The second portion was shaped into six **individual loaves** to be eventually baked and eaten as needed. Lastly we made the **family-style loaf** (far right) and a sweet and sour sauce to go with it. Two went into the freezer and the third was baked and made its way to the dinner table immediately. You can triple-batch almost anything you cook (we have recipes for chicken, stew, pasta, beans). Make it a habit and life becomes three times as easy. Recipes, page 98.

Photographs by Michael O'Neill

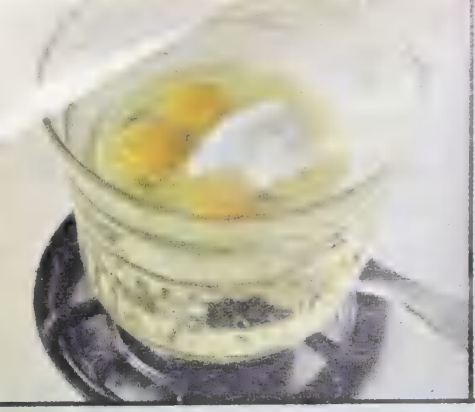


FREEZE NOW, SLICE LATER

The freezer puts the fun back into partying. Plan a big lunch or invite a few friends in for cocktails and relax. If you've played your cards right the freezer will do the catering for you. The trick is to keep a selection of frozen goodies on hand like these appetizing logs and loaves. We call them parties by the yard because they offer such great mileage. When friends are coming, open the freezer and simply slice off whatever you need for the party (a serrated knife is good). The slices thaw quickly. Put the unsliced part back in the freezer for the next entertaining occasion. Our party-pack of



ix loaves is easy and inexpensive. **Left to right:** Strawberry Cream Cheese Roll—strawberry-flavored cream cheese filled cake and a sliced strawberry garnish; Cheese-Horseradish Pinwheels—A spiral of sliced ham with a cream cheese and horseradish filling; Ham and Kumquat Loaf—an unusual nut and meat pâté; Mixed Cheese Loaf—Cheddar and other cheeses combined for flavor; Roast Beef Pinwheels—rare roast beef, cream cheese, capers and dark bread; Tuna Croustade—French bread filled with a tuna and bacon mixture. Recipes on page 104. Photograph by Michael O'Neill



1 *Grease an 8-in. cake pan. Place 3 eggs and ½ cup of sugar in a large mixing bowl. Set the bowl over, not in, a pan of hot but not boiling water.*



2 *Beat mixture at high speed with an electric hand mixer for about 15 min. until it forms a ribbon and triples in volume.*



3 *Alternately fold in ½ cup of flour and 2 tablespoons melted butter. Pour batter into pan. Bake 10 min. at 375°, then 10 min. at 350°.*

A CLASSIC FRENCH CAKE: GENOISE

We import a great French classic, the *génoise*, the one-bowl cake you'll love to make once you learn the easy language. *Génoise* (pronounced *jhenwahz*) is an airy butter sponge cake that does just about anything you'd want a basic cake to do. The French slice it in layers and slather it with sinfully delicious butter cream frostings, sauces and syrups. Americans find it makes a great strawberry shortcake, too. Follow the easy directions above and, *voilá!*



Apricot Génoise: The basic butter sponge, cut into two layers and frosted with an apricot butter cream.

Photographs by Victor Scocozza

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TAKE THIS COUPON TO YOUR GROCER

ONE FOR THE TABLE

continued from page 93

In the following recipes, we give the length of time various foods can be stored in the freezer. In all cases, these are optimum times; there will be no serious damage if foods are stored somewhat longer than we say, but there may be some deterioration in quality.

When we give instructions for heating frozen food, unless otherwise noted, food goes directly from freezer to oven.

MEAT LOAVES
(pictured on page 92)

3 eggs
¾ cup heavy cream
¾ cup beef broth
¾ cup plain bread crumbs
¾ cup finely chopped onion
3 cloves garlic, minced
3 tablespoons chopped parsley
1 tablespoon Worcestershire sauce
2½ teaspoons salt
¼ teaspoon pepper
1½ lb. ground beef
1½ lb. ground pork
1½ lb. ground veal

To prepare meat loaves: Combine eggs, heavy cream and beef broth. Add remaining ingredients, mixing in ground meats lightly.

Divide mixture into three parts, each of which will serve 6. Press one part into a 1½-qt. casserole or loaf pan; the next part into a 6-cup fluted tube pan; and the third part, divide between six 6-oz. custard cups or muffin tins. This is the way we picture it on page 92. You may, of course, freeze any way you wish. The advantage of the custard cups is that they can be used in any combination of one to six.

To serve meat loaves without freezing: Preheat oven to 350°. Bake the meat loaves in the 1½-qt. casserole for 1 hour 10 minutes to 1 hour 20 minutes; bake the 6-cup tube pan for 45-50 minutes, or bake the 6-oz. custard cups for 25-30 minutes or until done.

To freeze meat loaves: Wrap unbaked meat loaves in containers securely with heavy-duty aluminum foil. (Meat loaf mixture may also be frozen in aluminum containers to free the baking dish or pan for other use. Or fit an aluminum-foil liner into the dish before the meat loaf mixture is added. The frozen product can then be removed and wrapped for storage.) Freeze. May be stored 1-2 months.

To heat frozen meat loaves: Preheat oven to 450°. Remove freezer wrappings. Bake frozen meat loaf in casserole, tube pan or custard cups for 20 minutes. Lower oven temperature to 350° and continue to bake 1½-qt. casserole 1 hour 20 minutes or 6-cup tube pan for 1 hour. Bake the individual 6-oz. custard cups only 15 minutes longer after lowering temperature.

Here is how we served the meat loaves shown on page 92.

Meat loaf with vegetables: Prepare 1 package each (10 oz.) frozen green peas, carrots in butter sauce, cauliflower and broccoli according to directions on packages. Arrange around meat loaf. Serves 6.

Individual meat loaves with mashed potatoes: Prepare 6 cups instant mashed potatoes and pipe potatoes around each of the individual meat loaves. Garnish with sliced onion rings. Serves 6.

Meat loaf with sweet & sour sauce: Sauté ¼ cup chopped green pepper in 1 tablespoon vegetable oil until tender. Add 1 minced clove garlic. Add ½ cup each sugar and cider vinegar, ¼ cup drained canned pineapple tidbits, 2 tablespoons each chopped pimiento and naturally brewed soy sauce.

Dissolve 1½ tablespoons cornstarch in ½ cup cold water. Gradually add to sauce. Heat, stirring constantly, until thickened. Pour over loaf. Serves 6.

Menu Note: Serve with vegetables pictured or sweet & sour sauce, molded tomato salad, coffee and lemon pie.

CRISPY OVEN-FRIED CHICKEN
(pictured below)

3 broiler-fryer chickens (about 9 lb.), cut in serving pieces
30 round buttery crackers, finely rolled (about 1¼ cups crumbs)
1¼ cups flour
1 teaspoon pepper
¾ teaspoon salt
½ cup butter or margarine

To prepare oven-fried chicken: Mix flour, cracker crumbs, pepper and salt in a large plastic bag. Add chicken pieces, a few at a time, and shake until well coated.

Preheat oven to 375°. Line two 15½x10½-in. jelly roll pans with aluminum foil. Heat ¼ cup butter or margarine in each pan for 5 minutes in oven. Place coated chicken pieces skin side down in melted butter. Bake 25 minutes; turn and bake 20 minutes longer, until chicken is tender. Makes 12 servings.

To freeze: Cool cooked chicken pieces at room temperature for 30 minutes. For easy separation of pieces, arrange one-layer deep on cookie sheet. Freeze unwrapped. When frozen, wrap in heavy duty aluminum foil or freezer bags.

Pack the chicken in family-sized portions or individual servings to avoid defrosting leftovers. May be stored in freezer 1–3 months.

To serve frozen chicken cold: Thaw chicken pieces in wrapping in refrigerator for 10-12 hours or overnight. Serve cold, garnished with lemon slices and parsley sprigs.

To serve frozen chicken hot: Preheat oven to 350°. Remove freezer wrappings from chicken pieces. Place frozen chicken on a jelly roll pan and bake in a 350° oven for 35 minutes or until heated through. Serve with desired sauce.

Chicken with orange glaze: Combine 1½ cups orange juice, 2 tablespoons light brown sugar, 1 tablespoon white vinegar, ½ teaspoon each salt and nutmeg, ¼ teaspoon each allspice and garlic powder, and pinch cayenne pepper in a saucepan. Dissolve 1 tablespoon cornstarch in 1 tablespoon cold water. Stir cornstarch into orange juice mixture. Bring to a boil, stirring constantly, until thickened. Remove from heat and stir in orange sections from 2 oranges. Makes 2 cups glaze, enough for 6 servings.

Chicken with white sauce: Prepare 1 package (1½ oz.) white sauce mix according to package directions, using 1⅓ cups heavy cream.

For variations, stir in *(continued)*



Crispy Oven-Fried Chicken, served three ways: Upper left, plain; upper right, with white sauce; below, with an orange glaze. Chicken is baked in quantity, frozen.



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Double Batch Shrimp Florentine

Each batch serves 4.

- 4 packages (10 oz. each) frozen chopped spinach
- 3 lbs. shrimp, cooked, shelled and deveined
- ½ cup butter or margarine
- ½ cup flour
- 3 cups milk
- 1 cup dry white wine
- ½ cup chopped scallions
- Salt, pepper, paprika
- 2 cups (8 oz.) shredded cheddar cheese
- Heavy Duty Reynolds Wrap

Preheat oven to 350°. Line two 9" pie pans with Heavy Duty Reynolds Wrap. Thaw and drain spinach. Spread half of spinach in each pie pan and top with shrimp. In a saucepan, melt butter, stir in flour. Then gradually add milk, wine, scallions.

Cook, stirring constantly, over low heat, until sauce bubbles and thickens. Add salt, pepper to taste and enough paprika for rosy color. Pour sauce over shrimp. Sprinkle with cheese. Bake one batch uncovered for 35 minutes or until bubbly.

Freeze the second batch. When frozen solid, lift from pan. Overwrap with Heavy Duty Reynolds Wrap and return to the freezer. When ready to bake, replace the frozen block in pie pan and bake uncovered in 350° oven for 1 hour or until bubbly.



Strong all over. Count on it.

one of the following: ½ cup shredded Swiss cheese, or ½ teaspoon curry powder or ½ teaspoon dry mustard. Makes 1⅓ cups sauce, enough for 6 servings or one-half of oven-fried chicken recipe.

Menu Note: Serve with Duchess potatoes, green bean succotash, Chinese cabbage and raisins with spicy sweet dressing, and stewed rhubarb.

BEAN AND APRICOT TUREEN
(pictured below)

1 lb. dried kidney beans
1 lb. dried pinto beans
1½ cups chopped onion
6 tablespoons butter or margarine
¼ cup flour
2½ cups Burgundy wine
2 tablespoons tomato paste
1 teaspoon thyme
1 teaspoon salt
Dash pepper
1 can (16 oz.) apricot halves, drained, sliced in half (syrup reserved)

Soak dried beans separately in 6 cups water overnight. Drain.

Bring a large pot of water to a boil. Add kidney beans and simmer 30 minutes. Add pinto beans and simmer 1 to 1½ hours longer. Drain.

Sauté onion in butter or margarine until tender. Add flour and cook, stirring, for 1 minute. Remove from heat and add Burgundy wine, tomato paste, thyme, salt, pepper, beans and syrup drained from apricots. Simmer 15 minutes. Add sliced apricot halves. Makes 18 servings.

To freeze: Prepare as directed above, cooking beans until they are soft, but slightly undercooked in the center. Cool at room temperature for 30 minutes.

Line 9-in. square baking pans or casseroles with heavy-duty aluminum foil. Allow enough extra foil to fold over top. Use one pan for each six servings or one third of the recipe. Freeze. When frozen, slip mixture out of baking dish, wrap and store. May be stored in freezer for 2–4 weeks.

To heat frozen beans: Preheat oven to 450°. Remove freezer wrap. Place beans in baking pan or casserole. Bake, covered, for 20 minutes. Reduce heat to 350° and continue baking for 30 minutes longer. Stir. Continue baking for 15–20 minutes, or until bubbly and heated in center.

Menu Note: Serve with grilled frankfurters, cole slaw, Burgundy wine and chocolate sundae.

PASTA SHELL CASSEROLE
(pictured below)

3 lb. ground beef
1½ cups chopped onion
1½ cups chopped green pepper
3 cans (16-oz. each) tomatoes, drained
3 cans (6 oz. each) tomato paste
2¼ cups water
2 cloves garlic, minced
2 bay leaves
1½ teaspoons salt
¾ teaspoon pepper
1½ lb. pasteurized process American cheese, cubed
1 package (16 oz.) pasta shells, cooked according to package directions and drained
Grated Parmesan cheese
Grated Provolone cheese
Parsley sprigs

Brown ground beef in a large skillet; drain off excess fat. Add onion and green pepper; cook until tender. Add tomatoes, tomato paste, water, garlic, bay leaves, salt and pepper. Cover and simmer 10 minutes. Remove bay leaves. Add cheese cubes and stir until melted. Add cooked pasta shells. Serves 18.

To freeze: Prepare pasta casserole as directed above, omitting parsley sprigs. Cool at room temperature for 30 minutes.

Line a 10-in. square baking pan or casserole with heavy duty aluminum foil. Allow enough extra wrap to fold over top. Use one pan for each six servings or one-third of the recipe. Freeze. When frozen, slip mixture out of baking dish, wrap and store. May be stored in freezer for 2–4 weeks.

Editors Note: Since cooked pasta takes up space in the freezer, you may wish to freeze only the sauce. While you reheat the sauce for serving, you can cook the pasta, then combine them.

To heat frozen pasta casserole: Preheat oven to 375°. Remove freezer wrap. Place pasta in baking pan or casserole. Bake, covered, for 1 hour, or until mixture is bubbly and center is hot. Stir occasionally during heating. Sprinkle top with 1 tablespoon each Parmesan and Provolone cheeses. Garnish with parsley sprigs.

Menu Note: Serve with head lettuce, anchovy dressing, Chianti wine and Napoleons.

BEEF STEW
(pictured below)

6 lb. beef for stew
¾ cup vegetable oil
3 cups chopped leeks or onions
⅓ cup flour
2 cloves garlic, minced
3 cups beef broth
2¼ cups water
3 tablespoons tomato paste
3 tablespoons chopped parsley
2 bay leaves
¾ teaspoon thyme
¾ teaspon salt
1½ cups carrot rings
1½ cups turnip strips (optional)
1½ cups celery slices
¾ lb. green beans, cut in 2-in. lengths
Boiled potatoes at serving time

Brown beef cubes in vegetable oil. Add onions and sauté until tender. Add flour and garlic and stir to combine. Add beef broth, water, tomato paste, parsley, bay leaves, thyme and salt. Bring to a boil and reduce heat. Cover and simmer for 1 hour. Add carrots and cook for about 5 minutes.

Add turnips and cook for 5 minutes. Add celery and green beans; continue cooking for 20 minutes. Makes about 18 servings.

To freeze: Cool stew at room temperature for 30 minutes. Line 9-in. square baking pans or casseroles with heavy duty aluminum foil. Allow enough extra wrap to fold over top. Use one pan for each six servings or one-third of the recipe. Freeze. When frozen, slip mixture out of baking dish, wrap and store. May be stored in freezer 2–4 weeks.

To heat frozen beef stew: Preheat oven to 450°. Remove freezer wrap. Place beef stew in baking pan or casserole. Bake, covered, for 20 minutes. Reduce heat to 350° and continue baking for 50–60 minutes longer, stirring once. Meanwhile, boil 6 potatoes and add to stew during the last 10 minutes of baking time.

Menu Note: Serve stew with green salad bowl, blue cheese dressing, sesame rolls, red Bordeaux wine, and chocolate brownie à la mode. **End**



Bean and Apricot Tureen



Pasta Shell Casserole



Beef Stew

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Tonight's dinner doesn't have to look like today's economy.
Not with Kraft Dinners and a few touches of your own.
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cont'd....

Kraft Tangy Italian Style Spaghetti Dinner is the start of a thrifty Italian dinner. Add meatballs and sliced mushrooms. Green onions and black olives are colorful on the side.

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Put mozzarella cheese strips over Kraft Spaghetti with Meat Sauce Dinner. Spice up each plate with a sweet cherry pepper and eat well in spite of it all.

Kraft Dinners make ends meet.

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FREEZE NOW

...ipes pictured on pages 94–95

STRAWBERRY CREAM CAKE ROLL

Cake:
3 eggs
1 cup sugar
5 tablespoons water
1½ teaspoons vanilla extract
1 cup cake flour
1 teaspoon baking powder
¼ teaspoon salt
Confectioners' sugar
Filling:
1 package (8 oz.) cream cheese, softened
⅔ cup sugar
¼ cup butter or margarine
1 tablespoon strawberry or orange liqueur (optional)
½ tablespoon light corn syrup
1 teaspoon vanilla extract
1¼ cups sliced fresh strawberries
Red food coloring (optional)

To prepare cake: Line a greased 15½x10½-in. jelly roll pan with waxed paper. Lightly grease waxed paper.

Preheat oven to 375°. Beat eggs until light and lemon colored. Gradually add sugar and beat until very light and thick. Beat in water and vanilla.

Sift cake flour, baking powder and salt together. Fold into egg-sugar mixture.

Pour batter into jelly roll pan and spread evenly. Bake in a 375° oven for 12 to 15 minutes or until the cake springs back when pressed in the center.

Lightly sift confectioners' sugar onto a sheet of waxed paper or a towel. Let the cake cool 2 to 3 minutes, then loosen the edges and turn out onto the waxed paper or towel. Remove top sheet of waxed paper and trim off any dry edges. Roll cake up with towel or paper, starting at one of the long sides. Cool.

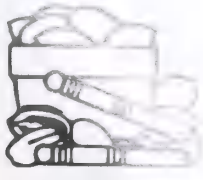
To prepare filling: Blend cream cheese, sugar and butter or margarine together thoroughly. Add liqueur, corn syrup and vanilla. Beat ½ cup sliced strawberries into cream cheese filling. Add a drop of red food coloring, if desired.

Carefully unroll cake; do not try to flatten. Spread filling on cake and reroll lengthwise. Decorate top with remaining sliced strawberries. Makes 1 cake roll or 12-15 servings when sliced.

To freeze: Wrap cake roll in heavy duty aluminum foil. Freeze. May be stored in freezer 3 to 4 months.

To serve frozen: Slice off number of portions desired. Cover with plastic wrap and thaw for about 15 minutes at room temperature.

To serve without freezing: Slice into ¾- to 1-in. pieces. Arrange on serving plates and serve.



CREAMY HORSERADISH HAM ROLL

This is the quickest of our roll-ups. Add more horseradish, to taste.

1 package (8 oz.) cream cheese, softened
2 tablespoons prepared horseradish
2 tablespoons mayonnaise
1 teaspoon Worcestershire sauce
½ teaspoon salt
⅛ teaspoon pepper
4 slices cooked ham, approximately 4½x6½x⅛ in.

Combine all ingredients, except ham slices and mix well. Divide mixture in half.

Lay two ham slices together so that the 6½-in. sides are touching. Spread one-half of cream cheese mixture on the two ham slices. Roll, jelly roll fashion, starting with one of the 6½-in. sides and making sure that the two ham slices join with no space between them. Repeat procedure with remaining ham slices and cream cheese mixture. Makes 2 rolls or about 24 hors d'oeuvres when sliced.

To freeze: Wrap in heavy duty aluminum foil. Freeze. May be stored in freezer for 2 to 4 weeks.

To serve frozen: Slice the number of portions desired ¼ in. thick. Arrange in a single layer on serving tray. Cover with plastic wrap. Thaw in refrigerator for 2 to 4 hours or at room temperature for about 1 hour.

To serve without freezing: Chill in refrigerator for 1 hour. Slice into ¼-in. pieces. Arrange in a single layer on serving tray and serve.

HAM AND KUMQUAT ROLL

This has a pâté consistency.

¼ cup pecans
½ lb. ground cooked ham
¼ lb. ground raw pork
¼ cup heavy cream
3 egg yolks
¼ teaspoon salt
6 preserved kumquats or 1 jar (10 oz.) sweet pickled watermelon rind, drained
½ cup water
¼ cup maple syrup
1 teaspoon vinegar
Additional pecans and kumquats (optional)

Put pecans, ham, pork, cream, egg yolks and salt in a blender container. Purée until smooth.

Preheat oven to 450°. Cut a triple thickness of cheesecloth about 12x15 in. Spread about one half of ham mixture into a 7x3-in. rectangle on the cheesecloth. Arrange kumquats or watermelon circles in a row down the center of ham mixture. Spread remaining ham mixture on top, shaping it into a sausage. Roll up and tie cheesecloth at both ends with a string.

Place ham roll in a 11x7-in. baking dish or pan. Add water, maple syrup and vinegar. Bake in a 450° oven for 30 minutes, turning roll every 10 minutes. Makes 1 roll or 12-15 hors d'oeuvres when sliced.

To freeze: Cool 30 minutes. Remove cheesecloth and wrap in heavy duty aluminum foil. Freeze. May be stored in freezer for 2 to 4 weeks.

To serve frozen: Slice off number of portions desired. Arrange in a single layer on serving tray. Cover with plastic wrap. Allow to thaw in refrigerator for 2–4 hours or at room temperature for 1½ hours.

Or slice off number of portions desired; wrap in aluminum foil and heat in a 450° oven for 25-30 minutes.

To serve without freezing: Remove cheesecloth. Slice ham roll into ⅜-in. pieces and serve warm on party rye bread or crackers. May also be served cold as an hors d'oeuvre. If served unsliced, roll may be garnished with additional chopped pecans and kumquat slices.

CHEESE LOG

Vary cheese combinations as you wish.

Cheese Log:
3 packages (8 oz. each) sharp Cheddar cheese spread
1 package (8 oz.) cream cheese, softened
1 package (4 oz.) smoked cheese
1 package (4 oz.) blue cheese
2 tablespoons spicy brown mustard
1 teaspoon onion salt
¼ teaspoon garlic powder
Frosting:
1 package (8 oz.) cream cheese, softened
¼ cup milk
3 hard-cooked eggs
Chopped parsley

To prepare cheese log: Combine all ingredients and whip until smooth.

Spread cheese mixture on a sheet of waxed paper about 21 in. long. With a spatula, mold the mixture into a 12-15 in. rectangle. Wrap log in waxed paper and refrigerate until firm.

To prepare frosting: Whip cream cheese and milk until smooth. Spread on top and sides of cheese log.

Chop the egg whites and put the egg yolks through a sieve. Sprinkle egg whites and yolk on the top of the log in the design pictured or any design you wish. The design pictured was made with the help of a 6-in. plate. Press chopped parsley onto the sides of the log. Makes about 5 cups cheese spread.

To freeze: Wrap the log in heavy-duty aluminum foil. Freeze. May be stored in freezer for 2 to 4 weeks.

To serve frozen: Slice off portion you wish to serve. Thaw in refrigerator 2 to 4 hours.

To serve without freezing: Serve cheese log with crackers.

ROAST BEEF PINWHEELS

Use any thin-sliced meat here, including turkey.

1-lb. loaf unsliced white, rye or pumpernickel bread
1 package (8 oz.) cream cheese, softened
¼ cup capers
1 teaspoon garlic powder
1 teaspoon Worcestershire sauce
¾ lb. thinly sliced rare roast beef

Place loaf of fresh or day-old bread on cutting board. With long, sharp knife, slice off all crusts except bottom one. With crust side of loaf to left, cut into lengthwise slices, ¼-in. thick. Run rolling pin over each slice, starting at wide side, to make bread easier to handle and less likely to crack.

Beat cream cheese, capers, garlic powder and Worcestershire sauce together. Spread the mixture evenly on bread slices.

Lay two slices of bread wide side to wide side and cover with a single layer of roast beef slices. Starting at wide side, tightly roll up slices as you do a jelly roll, being careful to join bread slices with no space between them. Continue making rolls with remaining bread slices and roast beef. Makes about 5 rolls or 75 pinwheels when sliced.

To freeze: Wrap rolls individually in heavy duty aluminum foil, twisting ends securely. Freeze. May be stored in freezer for 2 to 4 weeks.

To serve frozen: Slice the number of portions desired ⅜ in. thick. Arrange in a single layer on serving tray. Cover with plastic wrap. Thaw at room temperature for 1–1½ hours.

To serve without freezing: Wrap rolls individually in plastic wrap, twisting ends securely. Chill several hours before slicing.

TUNA CROUSTADE

Here's another recipe in which you can vary the filling at will.

1 long loaf French bread
½ lb. sliced bacon, cooked, drained and crumbled
2 cans (6½–7 oz.) water-packed tuna, drained
1 can (3½ oz.) water-packed tuna, drained
1 can (4 oz.) pimientos, drained and finely chopped
½ cup mayonnaise
2 tablespoons chopped parsley
2 teaspoons Worcestershire sauce
½ teaspoon salt
½ teaspoon pepper

Cut off both ends of French bread. Hollow out the center of the loaf. (Save removed center of bread for bread crumbs.)

Combine remaining ingredients. Fill hollowed-out bread with tuna mixture. Makes 1 loaf or about 15 hors d'oeuvres when sliced.

To freeze: Wrap loaf in heavy-duty aluminum foil. Freeze. May be stored in freezer for 2 to 4 weeks.

To serve frozen: Slice frozen loaf into ¾- to 1-in. pieces. Arrange in a single layer on serving tray and cover with plastic wrap. Thaw in refrigerator for 2 to 4 hours or at room temperature for 1–1½ hours.

To serve without freezing: Slice loaf into ¾- to 1-in. pieces. Arrange in a single layer on serving tray and serve. **End**

You can take this shrimp and make a good dinner for two.



Or a great dinner for six.

Shrimp Cantonese with Rice is a good way for you to serve rice. And an even better way to save money.

3 cups hot cooked rice
12 ounces peeled, deveined raw shrimp, halved lengthwise
2 tablespoons butter, margarine, or vegetable oil
2 cups diagonally sliced celery
2 cups sliced onions
1 quart (8 ounces) fresh spinach leaves
1 can (16 ounces) fancy mixed Chinese vegetables
¼ teaspoon pepper
¼ cup soy sauce
1¼ cups chicken broth
2 tablespoons cornstarch

While rice is cooking, sauté shrimp in butter for 1 minute or until shrimp turn pink, using a large skillet. Add celery and onions. Cook, stirring, 2 minutes. Add spinach and Chinese vegetables which have been rinsed and drained. Cover and cook 1 minute. Blend pepper, soy sauce, chicken broth, and cornstarch. Stir into shrimp-vegetable mixture. Cook, stirring, until sauce is clear and thickened—about 2 minutes. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
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2,669 calories.

1. Clam dip made with dairy sour cream. 1 cup, 472 calories.

2. Creamy blue cheese salad dressing. 1½ cups, 1800 calories.



3. Baked potato with ⅛ cup dairy sour cream, 214 calories.

4. Broiled chicken, 183 calories.

808 calories. With our lemon recipes.

Low-cal clam dip, 269 calories. Make recipe for ıock sour cream (below). Add 1 can (6½ oz.) minced ams, drained, 2 Tb. chopped green onion, 2 t. fresh mon juice and ½ t. prepared horseradish. Makes ɔout 1 cup. Or, use mock sour cream like dairy sour ·eam in any dip recipe.

2. Low-cal creamy salad dressing, 268 calories. Lemon makes it taste so fresh. Combine 1 cup low-fat cottage cheese, ½ cup buttermilk, ½ t. grated onion, 2 Tb. fresh lemon juice and 1 Tb. wine vinegar in your blender. Blend until smooth. Makes 1½ cups.

Baked potato with ¼ cup ɔck sour cream, 150 calories. ɔmbine ⅔ cup low-fat cottage eese, 1 Tb. buttermilk or n-fat milk, 2 t. fresh mon juice in your ender. Blend until nooth. Makes ¾ cup. ay be used in y sour cream cipe that esn't require ating.

4. Low-cal broiled chicken, 121 calories. Lemon juice lets you broil chicken (or fish) without oil. Combine 6 Tb. fresh lemon juice, 1 t. paprika, 1 t. fine herbs, crushed, and a dash garlic salt. Use to baste while broiling.

5. Fresh lemon, all by itself. It's a marvelous seasoning to use instead of dressing on salads; instead of butter on vegetables; instead of sauces on meat or fish.

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20-MINUTE DIET

continued from page 90

satisfied after drinking a liquid. You must, therefore, begin each meal with a slow-up liquid. Slow-up liquids either have no calories, low calories or negligible calories. Examples are water, an eight-ounce cup or glass of hot or cold tomato juice, Bloody Mary mix (without liquor), diet soda, iced tea with artificial sweetener, hot tea with a wedge of lemon, lime or orange, clear broth, bouillon, hot coffee, hot tea.

Slow-up solids . . . will eat less and be more satisfied by certain foods that take longer to eat. Each meal must contain at least one slow-up solid. The three groups of slow-up solids are: (1) foods that have negligible calories, or so few calories that they can be eaten in unlimited quantity—such as lettuce, celery, cauliflower, spinach, broccoli, asparagus, cucumbers, kale, brussels sprouts, eggplant, mushrooms, okra, peppers, radishes, rhubarb, sauerkraut, watercress, turnip greens, cabbage, collards, mustard greens, summer squash, endive, beet greens, dandelion greens; (2) Foods that provide a lot to eat and relatively few calories—such as cantaloupe, grapefruit, strawberries, blueberries, apple, pineapple; (3) Foods that take longer to eat because they require more work in order to eat them—such as fish (which has not been fileted), lobster or crab in the shell, soft-boiled egg in the shell, etc.

Another way to increase your eating satisfaction is to enhance the presentation of food. This can be accomplished by completely filling a plate with allowable food. If that's impossible, then use a smaller-size plate, or add negligible calorie items such as parsley, watercress, chicory, lettuce or carrot strips, etc., to fill up the plate.

Snacking: It is helpful to have snack periods each day—in midmorning, midafternoon and midevening. Snacking rules are as follows: (1) Each snack period must start with a slow-up liquid; (2) The slow-up liquid may be followed by a low-calorie or negligible-calorie slow-up solid. (3) At snack time, you may also include any allowable food items not eaten at the previous meal.

Now, after checking with your doctor (which you should do before going on any weight-loss program), you are ready to start your diet.

For seven days, follow the model menus below. At the end of the week, weigh yourself. If you have lost up to three pounds, you are doing fine. Continue your diet.

If you have lost more than three pounds after your first week, you are losing weight too rapidly. It takes time to learn new eating behavior and a too-rapid weight loss will not enable you to convert your newly practiced patterns into firmly established habits. Therefore, during the second week, you must consume 500 calories more each day. In planning your daily menu, consult a calorie chart and distribute the extra 500 calories per day in whatever manner you please. If the 500 extra calories per day result in no weight loss, adjust your daily *extra-calorie* intake so that you lose one to three pounds per week.

If you have not lost any weight after your first week on the diet, keep an accurate record of your food intake for seven more days to see if you depart from the model menus. If you find that you absolutely did not depart from the menus yet you still did not lose from one to three pounds after the second week, consult your doctor for a further reduction in your food intake.

Here are your menus (and recipes) for one week of dieting. Women may use the menu models as they are presented. (Men may use the same models by adding approximately 400 calories daily. This can be done conveniently by referring to any calorie counter.)

Notice that in each meal on the following menu models, the slow-up liquids and slow-up solids are indicated by a heavy dot (•). Recipes are included for dishes starred (*).

Slow-up liquids for breakfast may include hot coffee, hot tea, iced coffee, iced tea or hot or cold tomato juice; for lunch: cold or hot tomato juice, bouillon, clear broth (fat removed), coffee, tea, diet soda; *(continued)*

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for dinner: Bloody Mary mix on ice with lemon (no liquor), club soda with wedge of lime, lemon, or orange, diet soda, hot or cold tomato juice, bouillon or clear broth (fat removed).

Monday

Breakfast
- Slow-up liquid, 8 ounces.
- ½ grapefruit

1 poached egg on toast
1 pat margarine
1 cup skim milk

Lunch
- Slow-up liquid, 8 ounces.

Open-face sandwich of 3 ounces tuna fish on 1 slice bread
- Unsweetened dill pickle, radishes, 2 slices of tomato, lettuce, mayonnaise (2 teaspoons)

Dinner
- Slow-up liquid, 8 ounces.

SOY-SAUCE CHICKEN,* 4 ounces
½ cup cooked enriched rice
Cold asparagus with lemon wedges
- Tossed green salad with DIET SALAD DRESSING*
- HOT CINNAMON APPLES*

1 cup skim milk
Hot or cold coffee or tea

Recipes

*Soy-Sauce Chicken—Remove skin from cut-up pieces of chicken. Place in oven roasting bag or aluminum foil; sprinkle with soy sauce and garlic powder. Bake at 350° for 45 to 60 minutes.

*Diet Salad Dressing—Mix together ½ cup tomato juice, 2 tablespoons wine vinegar or lemon juice, 1 tablespoon chopped onion, 2 to 3 drops olive oil.

*Hot Cinnamon Apples—Slice a fresh apple and place on a sheet of aluminum foil. Sprinkle with orange juice, cinnamon, low calorie sweetener. Bake in moderate oven (350°) for 30 minutes or till done.

Tuesday

Breakfast
- Slow-up liquid, 8 ounces.
- ½ cup blueberries *or* 1 cup strawberries

¾ cup dry cereal
1 cup skim milk

Lunch
- Slow-up liquid, 8 ounces.

Chicken salad, 3 ounces, with 2 teaspoons mayonnaise and lemon juice
- ½ head lettuce, shredded with radishes, spring onions, celery, capers

Dressing can be of oil/wine, garlic, vinegar/spice/mustard combination.
1 slice of bread
1 pat margarine
1 cup skim milk

Dinner
- Slow-up liquid, 8 ounces.

BEEF-KA-BOB* 3 ounces
1 small baked potato
1 pat margarine

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Brussel's sprouts served hot with lemon wedge
- Tossed green salad with DIET SALAD DRESSING*
- ½ grapefruit served cold or hot, (broiled), topped with a strawberry

Recipes

*Beef-Ka-Bob—Place beef chunks on skewer with cherry tomatoes, onion and green pepper. Sprinkle with salt and pepper. Broil.

Wednesday

Breakfast
- Slow-up liquid, 8 ounces.

½ cup orange juice
- CINNAMON FRENCH TOAST*

Lunch
- Slow-up liquid, 8 ounces.

Open-faced, grilled sandwich of 1 ounce shredded hard cheese with tomato slices and oregano on 1 slice bread
- Sweet and sour cucumber slices in wine vinegar, 2 teaspoons oil, and low calorie sweetener, with chopped fresh scallions

1 fresh peach
1 cup skim milk

Dinner
- Slow-up liquid, 8 ounces.

BAKED FISH CREOLE,* 3 ounces
½ cup lima beans, topped with 1 pat margarine
BAKED ACORN SQUASH,* ½ cup
1 cup skim milk
Baked apple with 1 teaspoon sugar

Recipes

*Cinnamon French Toast—Mix 1 egg together with ¼ cup skim milk, vanilla, and cinnamon. Soak 2 slices of bread in mixture and fry with 2 teaspoons margarine. Top with berries.

*Baked Fish Creole—Put small amount of tomato juice on bottom of casserole dish. Layer fish fillets with thinly sliced onion and green pepper. Top with more tomato juice, crushed garlic clove, salt, and pepper. Bake at 350° for 30 minutes or until fish flakes easily.

*Baked Acorn Squash—Quarter a raw squash. Place in baking pan. Pour 1 tablespoon orange juice on each quarter. Sprinkle with cinnamon and low calorie powdered sweetener. Cover with aluminum foil. Bake 1 hour at 350°.

Thursday

Breakfast
- Slow-up liquid, 8 ounces.

½ cup unsweetened grapefruit juice
- ¼ cup cottage cheese on slice of toast, cut in quarters

1 cup skim milk

Lunch
- Slow-up liquid, 8 ounces.

Cold fish salad, 3 ounces fish
- ½ head of lettuce, shredded, with radishes, spring onions, celery, capers and tomato

(continued)

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Dressing—oil (1 tablespoon) and vinegar to taste.
1 slice bread
1 cup skim milk

Dinner

- Slow-up liquid, 8 ounces

CHICKEN TETRAZZINI,* 3 ounces, served on ½ cup cooked noodles
MARINATED STRINGBEANS,* ½ cup
Plate of iced, sliced cucumbers and pimiento

- Pineapple boat (¼ medium, fresh pineapple, sliced thinly and served in shell)

Recipes

*Chicken Tetrazzini—Remove skin from chicken. Steam chicken. Remove chicken from pot. Skim off fat from the surface of the broth. In a small amount of fat-free broth, cook mushrooms, sliced celery, and green pepper. Add salt and pepper to broth. Slice chicken from the bone and add to the vegetable/broth mixture. With the ½ cup cooked wide noodles, make a bed and pour the chicken/vegetable mixture on top.

*Marinated String beans—Cook frozen stringbeans for five minutes, allowing them to remain crisp. Drain and cool. In a separate bowl, mix 1 teaspoon vegetable oil, ¼ teaspoon dry mustard, salt and pepper to taste and 3 tablespoons wine vinegar. Pour this mixture over the string beans and refrigerate. Drain stringbeans before serving.

Friday

Breakfast

- Slow-up liquid, 8 ounces
- 1 fresh orange, sliced

½ cup hot cereal
1 cup skim milk
Slice of toast
1 pat of margarine

Lunch

- Slow-up liquid, 8 ounces

Sandwich of smoked salmon, 3 ounces, with 1 ounce farmer cheese, and capers on 2 slices bread
1 cup skim milk

- Bed of lettuce, sliced tomato, celery and carrot sticks

Dinner

- Slow-up liquid, 8 ounces

CHINESE SHRIMP,* 4 ounces, served on bed of ½ cup cooked enriched rice

- Salad of shredded lettuce, sliced radishes, and tomato

BAKED WHOLE FRESH PEAR*

Recipes

*Chinese Shrimp—Heat 6 tablespoons of fat-free broth in large skillet. Toss in 2 ounces of fresh or canned bean sprouts, sliced onions, diced green pepper, and celery (or Chinese celery if available). Cook this mixture on high heat, tossing constantly for 2 to 3 minutes. Add 4 ounces of cooked shrimp and toss until heated. Serve over cooked rice.

*Baked Pears—Remove skins from fresh pears. Place in baking dish. Pour orange juice over pears till bottom of pan is covered with juice. Sprinkle cinnamon and low calorie powdered sweetener over pears. Cover with foil. Bake at 350° for 60 minutes. (Use only 1 teaspoon of remaining syrup over serving.)

Saturday

Breakfast

- Slow-up liquid, 8 ounces

1 ounce hard cheese, shredded and broiled on top of 1 slice toast, quartered 1 cup skim milk

- Baked apple with 1 teaspoon sugar

Lunch

- Slow-up liquid, 8 ounces
- Greek salad (diced tomatoes, cucumbers, green peppers, sliced sweet onion and 1 ounce feta cheese)

Dressing of oil (1 tablespoon), vinegar, and oregano
2 slices of toast
2 pats of margarine

Dinner

- Slow-up liquid, 8 ounces

Garlic veal (broiled veal chop with minced garlic), 4 ounces
RATATOUILLE*
1 cup skim milk

- Tossed green salad with parsley and sliced celery

HOT BANANA AND PINEAPPLE COMPOTE*



Recipes

*Ratatouille—(Can be made ahead and stored in the refrigerator.) Dice 1 small eggplant, 2 small zucchini squash, 1 large onion and 1 green pepper. Add a can of whole tomatoes or 2 fresh tomatoes. Add 2 minced cloves of garlic, salt and pepper. Cook on top of stove for 3 to 4 hours. (Cover till mixture comes to a boil; then uncover and let simmer till liquid evaporates.) Serve hot or cold. Makes 5 or 6 servings.

*Hot Banana and Pineapple Compote—Slice ½ banana and 6 pineapple cubes. Put in aluminum foil. Add 2 teaspoons pineapple juice, cinnamon and low calorie powdered sugar. Close foil and bake for 15 minutes. (Use pineapple packed in its own juice.)

Sunday

Breakfast

- Slow-up liquid, 8 ounces
- ½ grapefruit

1 egg omelet with filling composed of 1 or more of the following: cooked spinach, mushrooms, onions, chives or green pepper.
1 cup skim milk
1 slice toast
1 pat margarine

Lunch

- Slow-up liquid, 8 ounces
- Open-faced sandwich of sliced chicken, 3 ounces, with sliced tomato, lettuce and mayonnaise (1 teaspoon) on 1 slice bread

1 cup skim milk
Unsweetened dill pickles

Dinner

- Slow-up liquid, 8 ounces

CABBAGE ROLLS,* 4 ounces of meat, and ½ cup cooked enriched rice
½ cup peas and mushrooms
ORANGED CARROTS,* ½ cup
Fruit cup (2 slices canned pineapple in its own juice with ½ cup mandarin orange sections)

Recipes

*Cabbage Rolls—Mix 4 ounces extra lean meat with ½ cup cooked rice. Parboil 1 head of cabbage so that the leaves can be separated. To meat/rice mixture add garlic powder, salt and pepper. Put 1 tablespoon of meat mixture into a single cabbage leaf; fold like a pocket. Arrange these cabbage rolls neatly in a casserole dish.

Layer alternately with sliced onions and extra cabbage leaves, and remaining cabbage rolls. Add lemon juice to taste and tomato juice, and pour over the casserole.

Cover and simmer for 1 hour. Before serving, place casserole (if in an oven proof dish) under the broiler for a minute to brown.

*Oranged Carrots—Shred fresh carrots. Cook with fresh or frozen orange juice. Add low-calorie sweetener. **End**

APRIL RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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14 QUESTIONS YOU SHOULD ASK ABOUT FREEZING

1. What are my choices in buying a freezer?

There are three basic types of freezers on the market today:

The refrigerator-freezer combination: This freezer has a separate door located at the top, bottom or side of the refrigerator compartment. Total freezer size can vary from about 1 to 7 cubic feet.

The upright freezer: This free-standing unit opens from the front and is available in 6 to 31 cubic feet sizes. The shelf storage arrangement usually offers good accessibility to foods. It is slightly more expensive to operate than the chest type (see below) because the cold air has a tendency to spill out when the door is open. Many models contain refrigerator coils in the walls. Other models have cooling units in shelves, which produces faster freezing results.

The chest freezer: This type is available in 3 to 28 cubic feet sizes and is generally the least expensive type to buy and operate per cubic foot. Less cold air is lost when the freezer door is opened than in upright models. Removal of stored foods is sometimes inconvenient, especially those foods stored on the chest bottom. The best models have storage baskets to provide flexibility. An interior light, which goes on when door is opened, is a convenient feature of some models.

Note: All three freezer types come in frost-free or manual-defrost models. The frost-free type is clearly the more convenient. It is more expensive to buy and operate, however; and unless foods are packaged in vapor-proof wrappings they will dry out more quickly.

2. What size freezer should I buy?

Consider your family size; whether or not you plan bulk purchasing and/or cooking; how much floor space you have; and, of course, your budget. Approximately six cubic feet per family member is a good guide, and even less if you are not planning quantity cooking or buying.

3. How cold should my freezer be?

The optimum freezer temperature is 0°. Double-check the temperature with a special freezer thermometer and adjust the setting.



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One box of Tuna Helper mixed with a 6½ oz. can of tuna gives you a sizzling, hearty main dish that comes to about 26¢ a serving.

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4. How can I prevent freezer burn?

Freezer-burned foods have light gray areas and are dried out. This is caused by improper packaging.

5. What wrappings provide the best protection?

Protect frozen foods with special freezer wrap or heavy-duty foil, sealed with freezer tape; or place in rigid covered plastic containers, tightly sealed heavy plastic bags or freezer jars. Repackage any frozen foods brought home from the supermarket whose original packaging has been damaged.

6. Can I refreeze foods?

Partially thawed, and in some cases totally thawed foods to a temperature of 40° or below, can be refrozen. However, their original high quality will diminish substantially.

7. Can I put hot foods in the freezer?

The faster food is frozen, the better its chance of retaining its original high quality. Small quantities of foods such as leftovers can be put hot directly into the freezer if care is taken to avoid direct contact with other frozen foods. Larger items, such as casseroles, should be cooled to room temperature before putting them in the freezer. They will ultimately freeze faster.

8. Can I cook meats from a frozen state?

Yes. Small cuts of meat don't have to be

(continued on page 130)

searching my face with an expression at once strained and frightened. The moment was indescribable, but it was not her gaze, anxious as it was, that held me. She had made up her face as a clown, and it was behind this laughing, slightly grotesque makeup that she had been able to meet me: a scarlet dab on the tip of her nose, black lines drawn starfish-like from each eye, the furrowed, absurd cheeks, the hectic coloring, the black touch on the tip of her chin. . . . I had been ill at ease, but what must she have gone through in these hours—putting off the meeting, and putting it off, and finally seizing on this way out, to hide behind this facade—the wistful, lovable little clown whom no one would dare to hurt?

My heart went out to her: that she should have been so afraid of me! I wanted to put my arms around her and comfort her and say, half-overcome by the tenderness welling up in me—that vulnerability that was Judy could destroy one!—half-laughing at the irony, and altogether embarrassed by my sentimentality, "Judy, you didn't have to . . . I was terrified to meet you, but you were terrified to meet me. . . ."

But I said nothing like this. We shook hands, she offered drinks, and after a few pleasantries we began to discuss the book. At one point we talked about her mother. "If you want to put my mother into it—and you probably will—okay," she said. She made a grimace. "But my mother was so terrible, so sadistic to me, I could only laugh at her. It was the only reaction—laugh, or die. She was good only to create chaos." She gave a bitter laugh. "She'd slap me across the mouth and shout, 'Go out there and sing!' She was completely impossible. She called me a whore—I was two years old!" Judy stared at me. "Can you imagine anyone calling a two-year-old baby a whore?" I said I could not. "I guess if I must talk about her, the only thing I can say is that she taught me how not to be cruel to my children. I should be grateful for that, I suppose."

Not tragedy's daughter

Judy's harsh description of her mother was not new to those who had read interviews with her. I asked had she ever questioned as much as to what troubled her mother. Why she should have acted in this way? Yes, Judy said, and went to [illegible]. She had tried telling her story [illegible], she said, but could never [illegible]. Now she hoped she would be able [illegible]. "I think it's an interesting life—I know it is. And I'm not the [illegible], you know."

It is difficult to convey [illegible] Judy's speech. She warned [illegible] "I'll find I slur my words sometimes. Don't let it bother you." She also had the habit of pausing after every few words, giving each phrase a special nuance of tone or emphasis, with now and then a brief, reflective "mmm" as though turning over in her mind precisely what words to choose. "I think—" pause—"it's an . . . mmm . . . *interesting* . . . life." Pause. "I . . . *know* it is. And I'm . . . mmm . . . *not* . . . the daughter of *tragedy*—you know." All this gave her speech an unusual musical lilt, and her words subtle differences in meaning, so that one was not always sure how much was candor and how much satirical play. As she said "daughter of *tragedy*," her face was illuminated by a smile that was half gamin grin, half pure irony, and you knew at once that she recognized the idiocies about herself, and knew exactly how people saw her.

Suddenly, completely serious, she said, without pause or any special inflection, her words hard and direct, and the more effective because they came from this tiny clown, "I have gone through hell, I tell you, a hell no one, no person, no man, no beast, not even a fire hydrant could endure!" Which led her, in the ensuing silence, for no reason at all into a hilarious, grotesquely visual story. As she told a story, one saw at once that she put on a performance. She could not tell it seated. She had to leap to her feet, take a stance in the center of the room, dash away, return and, in a kind of hysterical moment with a fling of one hand and an antic glance, set a scene—strut, mug, grin, use her body as expressively as her voice, and end on a high note next to you, hands on your shoulders as you sat in the chair, bending over you, her head leaning against yours, her cheek pressed to yours, shaking with laughter, laughing with you at her, at the insanity of things, making you part of her experience, enveloping you so warmly, so intimately.

This girl, this woman, projected a laser beam of pure emotion. Suddenly there were no barriers between us, I had known her all my life, we were one. Indeed, that power that could so affect an audience of thousands became overwhelming when directed at an audience of one.

She talked then of her children, how proud she was of them. "I always have to tell them to sit down when I bawl them out," she said, laughing. She had been talking about 15-year-old Lorna, tall and slender and coltish, and like her mother vibrating with energy, who had come into the room to say hello, flash an utterly captivating smile and leave. Luft and Tony Green had left long before so we would be alone. Judy was saying, "I'm standing here—" she stood in the center of the room—"just under five feet, nine hundred pounds—the fat shows at nine hundred five or one hundred ten and I have been one hundred fifty—my head back, looking up and shaking my finger at my baby towering over me!" She enacted the scene, head back, finger wagging warningly.

So the evening went, swiftly.

On another occasion when I knocked on her door, I heard her voice. "Come in." It was thick, the words slurred, the voice of a drunken woman. There was a fumbling with the lock, then she managed to pull open the door, staggering back. She looked at me blearily. Cowering on the sofa, in a corner, was a frightened Lorna, and on the floor, an overturned empty vodka bottle, scattered about it a confusion of pills. No, I thought, and turned to her. She burst into laughter and threw her arms around me. On the sofa Lorna almost choked in a fit of giggling. Judy's voice was in my ear. "Oh, God, you should have seen your face!" And then: "I just didn't have the heart to disappoint you. . . ."

Despair and joy

Yet we really never got under way. Like the others, this book was not to be. She was entering a long, often difficult period, the last year of her life. It was a time of alternate despair and joy, a time of accidents, illnesses, concern over financial debts, a time during which we made less and less contact. Finally she left the United States to live and work in England with the man she was going to marry, Mickey Deans, a pianist and entertainer whom she had met when he was manager of a New York discotheque. She left on a high note, convinced, as she told her friends and family, that she had at last taken hold of happiness and this time it would not escape her.

And in London, the city she loved, in the hours before dawn of Sunday, June 22, 1969, twelve days after her forty-seventh birthday, the final chapter came in the story she had yet to tell. **End**

Editor's Note: With Judy Garland's death in 1969, Gerold Frank was forced to give up his plan to write her autobiography. Instead, he decided to write the official book about her. His recently completed biography, Judy, *to be published in June, is based on more than 10,000 pages of interviews with more than 250 people, including Judy's husbands, lovers, children, relatives, doctors, co-workers and friends. It is the only time any author of a book about Judy Garland has received such total cooperation from those closest to her. The result is the most intimate, accurate and non-biased work ever done on the woman whose life touched so many. In a forthcoming issue, the* JOURNAL *will publish a second exclusive excerpt from this coming best-seller. If you loved Judy Garland (and even if you didn't), we think you'll find it an unforgettable reading treat.*

Alive with pleasure!

Newport

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Side Effects Delfen is a "natural" form of birth control that doesn't have to be introduced into your system to be effective. (It can't change your hormonal balance.)

Interruption Many women find Delfen the least interruptive of the contraceptives you can buy without a prescription. You apply it up to an hour before. There's nothing to remove and no douching.

Discomfort Delfen is foam. Just foam. It can't shift around or annoy you hours later. It's "self-fitting"—that is, it spreads out and conforms to your own contours, neatly and easily. It's quickly absorbed. In fact, you probably won't even feel it.

Satisfaction Delfen is light and pleasant. It lubricates. It won't interfere with your pleasure or his.

Confusion The reason so many women use Delfen is that it's such a simple, unconfusing form of birth control. There's nothing to be measured and no prescription. There's only one step. The only device is the applicator. There's nothing to figure out, no days to count and nothing to wonder about. Just use it every time. If you follow the instructions, it's hard to make a mistake.

Effectiveness While no method of contraception can guarantee against pregnancy, a research study conducted in ten separate centers showed these positive results: for every 100 women using Delfen Foam for one year, only 3 became pregnant while using Delfen regularly and correctly. Even when used irregularly, only an additional 7 became pregnant. If no protection were used, it is estimated that between 60 to 80 women per hundred per year would have become pregnant. Remember, to afford maximum protection, Delfen must be used according to directions.

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continued from page 78

year-olds are notorious nuisances during oven-cleaning time, and then Uncle Harry said, seriously, but with a touch of a smile at the edges of his Kansas drawl, "Ellen, I haven't been to a funeral yet where the mourners spent much time talking about the immaculately clean oven of the deceased."

I had to laugh, of course, and to agree that there might be more important things in the universe than clean ovens and more important memories for Pudge to carry with him out of our shared existence than the picture of me on my hands and knees, with my oven spray, my rubber gloves and my steel wool pad. So I went fishing that day and that day is with me yet—the easy motion of the boat, Pudge's joy when he felt the tug on the fishline, all the wonderful stories Harry told me of what my mother was like when she was a little girl.

What Harry made me see so clearly that day, though I had glimpsed the truth earlier, was how easily we all become trapped in the idea of *doing*—of accomplishing things in measurable, countable, demonstrable quantities. Even with something as delicate and mysterious as motherhood, we tend to judge ourselves on the fullness of the cookie jars, the height of the piles of clean clothes we have folded, rather than judging the quality of our experience with our children.

It is hard for me to remember that my conversations with Pudge, our shared joy in new snow and new leaves, our close observations of the journeys of ants and chipmunks and the kites of March, are the most genuinely important parts of motherhood. When I do remember and accept that fact, I am a casual housekeeper, but I am also a good mother.

Now, to be honest, I suppose I have to admit that when Becky was born last November my standards moved from the casual toward something that might more accurately be termed the chaotic.

"It's our last baby," I kept saying, mostly to myself, though once in a while to Jeff. "We have to hold on to all the moments we can."

From the day we brought Becky home from the hospital, Jeff was helpful in bringing some order out of the chaos—sharing the cooking and cleaning, sometimes giving Becky her bath, spending more time with Pudge. And we were getting along fine. Becky was thriving and we were happy. My doctor kept telling me I should get out and play bridge more, and I kept telling him I had sixty more years to play bridge but only six more months to nurse a baby. Life was simple and good.

But then Pudge's first-grade teacher left in the middle of



"Can Bobby spend the night?"

the school year, and Miss Eliot came into our small world.

At first we knew Miss Eliot only through Pudge's eyes. She was young, he reported, and she was beautiful, and she drove a little red car.

"Why don't you have a little red car like Miss Eliot?" Pudge asked me once a day the first week he knew her.

"Because Becky's car bed and her playpen and your trike and Dad's fishing gear and our sleeping bags, camp stove, ice chest, lantern, and a week's supply of food wouldn't fit into a little red car," I said, rather defensively.

A couple of weeks later he briefly interrupted his licking of the frosting bowl to ask, "What are you going to be when you grow up, Mommy?" Obviously he didn't view motherhood as gainful employment.

"I was a laboratory technician for five years before you were born, Pudge," I said, "and I might be again after Becky starts to school, but now I am a mother and I take care of you and Becky and Dad and our house and a dog and a garden."

I was somewhat disappointed, I confess, that he didn't even bother to ask me what a laboratory technician was. Instead, he stared at me for a while as I nursed Becky and asked, "Is it hard to make your own milk?"

I was kind of tempted to lie, to assure him that only a select few were capable of engaging in this important work of the universe, but I restrained myself. Instead, I tried to impress him with a sense of the harmony of the arrangement rather than with my unique abilities as a milk producer.

"Actually, Pudge," I said, trying to sum up what I had been trying to tell him, "I guess it is mostly a matter of being able to relax into life."

I really hadn't expected Pudge to quote that part of my talk with him to anyone, but apparently he must have, because he came home a few days later and said, "Miss Eliot says that I relax into life too much."

"What gives her that idea?" I asked solemnly.

"My desk is messy," Pudge answered. "I didn't finish the page in my workbook, my k's are backward, I can't draw eights, and I lost a library book."

It sounded like such a long catalog of sins and Pudge sounded so dejected that I found myself more annoyed with Miss Eliot than concerned about Pudge's bad habits.

"There's a difference between relaxing into life and being careless, Pudge," was all that I said, though I wanted to add, "and I hope your Miss Eliot learns that before she gets any older," but I didn't.

During the next few weeks Pudge's disenchantment with Miss Eliot steadily grew.

"Little red cars are silly," he pronounced at dinner one day.

"Why's that, Pudge?" Jeff asked.

"They leave so many edges around the parking space," Pudge said.

A couple of days later, walking in the door after school and throwing his jacket across the room with a surprising touch of vehemence, he announced loudly, "Miss Eliot doesn't even know how to make milk."

"Oh, she'll learn quickly," I assured him, "as soon as she has a baby to give the milk to."

"I bet she doesn't even know how to make babies," Pudge muttered to himself, walking toward his bedroom to change into his old clothes. I must confess I enjoyed that line, quoting it to Jeff amid much laughter, not once, but two or three times. I suppose it confirmed the image I wanted to have of her—pretty, perhaps, but in a crisp, even pinched way, and frigid and humorless—as opposed to me, good old Ellen, filled with love, laughter and wonderful, nutritious milk.

Well, while the silly part of me rather rejoiced in Pudge's disillusion, the saner part was concerned about it, worried that it might even grow into a feud, or at least create enough

(continued on page 118)

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MY DOG HAS FLEAS

by A. Donald Rankin, Doctor of Veterinary Medicine

The other night my friend Will got out his ukelele and started to sing. Naturally, Chester, his huge Bassett Hound joined in. The din was terrific. Bentley, my own Airedale, a dog of refinement and sensitivity, immediately laid back his ears and took off for the woods. Two hours later he returned, covered with fleas and a full load of ticks. Before the menagerie had time to jump off the dog and begin home-steading in the carpet, I grabbed Bentley by the collar and the two of us went down to my office for the Lambert Kay Zenox® Flea Shampoo.



I've found that I can depend on products made by Lambert Kay. I hoisted Bentley into the tub and lathered him up. In about ten minutes, the whole traveling flea show and most of the ticks had disappeared. Zenox Shampoo's oil-based insecticide really kills fleas on contact. Rinsed him off. Zapped some of the last ticks with a little extra Zenox, and we were ready to continue the party. Will promised to put his ukelele in the trunk of his car and I went out to close the gate to the woods. I turned just in time to see Bentley and Chester rolling in celebration on my neighbor's recently fertilized lawn. I swear, sometimes you just can't win.

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PET JOURNAL

Test your P.T.Q. (Pet Trivia Quotient). See how many of these animals you can remember. It's one quiz you can flunk and still have fun. By Gini Kopecky

1. Caroline Kennedy, often enjoyed riding her pony .....
2. In the *Wizard of Oz,* Dorothy is always accompanied by her dog .....
3. When Roy Rogers and Dale Evans roam the range together, he rides his horse ....., and she rides her horse .....
4. Elizabeth Taylor made her film debut in *National Velvet,* the story of a horse named .....
5. In the comic strips, Blondie and Dagwood share their crazy household with their dog .....
6. When it comes to swinging from vines, Tarzan is not nearly as skilled as ....., his pet chimpanzee.
7. When Bambi the deer begins exploring his forest home, he soon befriends a rabbit named ..... and a skunk named .....
8. The Thin Man has a dog named .....
9. The late President Johnson angered thousands of dog lovers when he lifted his two beagles ..... and ..... by their ears.
10. On the old Buster Brown children's show, starring Andy Devine, a black cat named ..... often played the piano.
11. Mickey Mouse's floppy-eared dog is .....
12. After capturing the outlaws, the Lone Ranger rides off on his trusty horse ....., and Tonto on his faithful pony .....
13. In the Walt Disney production of *Pinocchio,* the little puppet is accompanied on his travels by a cricket named ..... Meanwhile, Geppetto the toy maker is so worried that not even his cat.....or his goldfish.....can console him.
14. The legendary Paul Bunyan has a huge blue ox named .....
15. Franklin D. Roosevelt's dog ..... often rode beside him in Presidential motorcades.
16. In *The Night Before Christmas,* Santa Claus climbs into his tiny red sleigh and calls to his eight reindeer, "On....., on, ..., on ....., and ..... On ....., on ....., on ..... and .....
17. Jacqueline Susann's first best-selling book was about her poodle .....
18. Who can forget movie moppet Roddy McDowall's love for the pony he called "my friend" .....?
19. Donald Duck often has his hands full with his mischievous nephews ....., ... and .....
20. In Kipling's classic *Jungle Book,* nature boy Mowgli's companion was the black panther named .....
21. ..... was the name of a Disney elephant who could fly.



Cartoon characters © Walt Disney Productions

Answers: 1. Macaroni; 2. Toto; 3. Trigger, Buttermilk; 4. Pie; 5. Daisy; 6. Cheta; 7. Thumper, Flower; 8. Asta; 9. Him, Her; 10. Midnight; 11. Pluto; 12. Silver, Scout; 13. Jiminy, Figaro, Cleo; 14. Babe; 15. Fala; 16. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen; 17. Josephine; 18. Flicka; 19. Huey, Dewey, Louie; 20. Bagheera; 21. Dumbo

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tension to keep Pudge from going off to school as eagerly as he always had. When he began developing those vague symptoms that children do fifteen minutes before school begins and lose fifteen minutes after it is too late for them to go, I called the school and asked for a parent conference.

Oh, the parent conference! I have to laugh now when I think how naïve I was before my first conference with Pudge's first teacher. I somehow had imagined it would be very like those marvelous conversations Jeff and I often had after Pudge was asleep, when we quoted his funny questions and laughed at his mistakes and told each other what a sweet and interesting child we were raising. I found soon enough that it was very different indeed. The teacher obviously had an image of the perfect child which she held up against the real child, like a cookie cutter against dough. The parts that stuck out were frowned upon, cut away at, lamented.

She was not exactly what I had imagined. There was nothing pinched about her, nor cold. She had an energy about her that reminded me of a small winter bird, but not a drab one, a bright and singing one. She was friendly enough to begin with.

"I'm glad you could come in to talk about Robert," she said.

The translator in my brain immediately went to work. *Robert? Oh, yes, she's talking about Pudge.*

Miss Eliot paged through her record book and finally stopped. "Ah, yes, here he is."

There he is, my translator went on, *nailed to the page, bound between hard covers.* I winced a little at my translator's own unfairness but made no resolutions for reform.

"His verbal skills are developing nicely," she began, looking up and smiling.

He reads, my translator said tersely.

"And he has quite an unusual ability to handle number concepts," she went on.

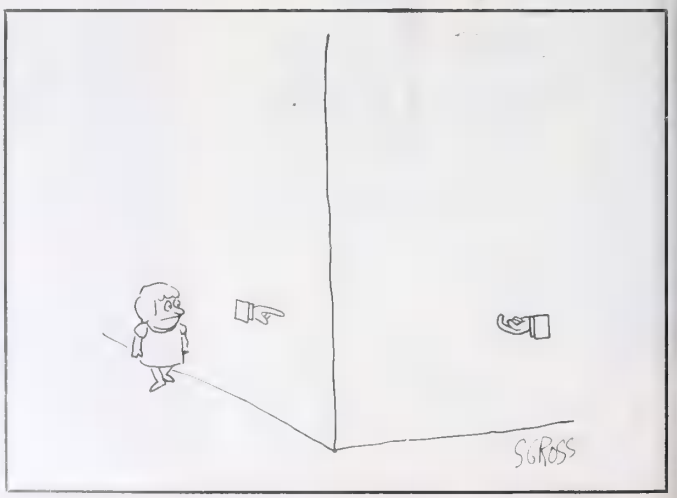
He knows that two plus two equals four.

She paused for a moment, studying the book. "Actually, his physical coordination seems to be a little slow in developing, but that hasn't stopped him from an enthusiastic participation in the group activity."

He can't throw a ball worth a damn, but he's sure in there trying. Then, the way she shifted in her chair and cleared her throat made me realize we were approaching the less favorable comments, the part of Pudge that didn't fit inside the lines.

"Robert is really pretty sloppy, isn't he?" Miss Eliot asked. "I think it is something we need to work on."

I had to admire her sudden directness after all that other jargon. "Well," I began, "I've never believed that neatness



was one of his major virtues, but I'm not sure it has ever concerned me much. I'd hate to see him turn into one of those compulsive kids who can't bear to touch finger paint because it might get their hands dirty."

"I would, too," Miss Eliot said rather calmly. "That wasn't exactly what I was suggesting." A slight edge had come into her voice. "It's just that I feel that Robert's messy habits get in the way of his doing things—by the time he finds his materials in his desk the project time is half over."

Uncle Harry, I need you! I called out in my mind. Then I remembered my lines.

"I've never been to a funeral yet where the mourners spent much time talking about what an incredibly tidy desk the deceased had in the first grade."

Miss Eliot kind of spoiled it by laughing. "I guess I never believed that creativity and order are incompatible," she said lightly.

"Pudge is such a great lover of life," I said, "and that's a risky thing to tamper with."

"And also an easy thing to romanticize," Miss Eliot said.

By the end of the conversation I had made some sort of commitment to trying to help Pudge value order a little more, and Miss Eliot had tried to assure me she wasn't trying to turn him into a prissy prude. We left in truce if not in trust.

But when I got home I became obsessed with thinking of the image she must have of me as Pudge's mother. I was sure she thought I sat around all day watching soap operas on TV and eating chocolates.

"I'll show her," I told myself. "I'll ask her to come to dinner to celebrate Pudge's birthday with us. I'll show her."

Of course I wasn't really going to show her what we were like but what I wanted her to think we were like—the idealized, Technicolor, fanfare version. I had two weeks until the birthday, one week of which Jeff was going to be away, so I could get the house organized as it had never been organized before. I began planning menus in my head; I would fill the house with plum blossoms and candlelight. Pudge would be full of joy because of his birthday and the house would ring with love and laughter and Miss Eliot would look at me with envy and pronounce loudly, "Order is not everything!"

I thought I might have a hard time convincing Pudge that Miss Eliot was the very one he most wanted to celebrate his birthday with, but I lured him with the promise he could write the invitation his very own self, using my best note paper, and take it down to the corner mailbox. I had to tell him how to spell some of the words but he wouldn't let me tell him what to say and he laboriously printed his letter and sealed it and got on his trike and rode down to the corner.

The minute Jeff left on his trip I began cleaning and sorting and throwing away and straightening. Pudge and I lived a kind of camper existence—lots of scrambled-egg suppers or canned spaghetti, but Pudge kind of liked it and Becky seemed to enjoy all the bustle.

But after a few days of working on the upstairs and then moving down and taking all of the books out of the bookcases in the living room so that I could dust the shelves, I finally gave out. One afternoon I found I just couldn't go on another minute. Besides, it was one of those spring days that finally convince you that summer is more than a myth—a day that was sun-filled and windless and heavy with blossoms.

So when Becky awoke late from her afternoon nap, I decided to take her out into that sun to nurse her. I found a lawn chair in the garage and told Pudge to bring one for himself, and we set them up under one of the trees where the sun filtered through enough to warm us. I brought Becky a tall glass of cold beer and Jeff's transistor that was playing Mahler, and I settled into the chair and the fragrance and the music and the love I felt for Pudge and Becky.

Everything seemed such perfect harmony—the fact that Becky was empty and my breasts were full, that *(continued)*

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the plum blossoms needed the humming bees as much as the bees needed the nectar. The universe seemed a creation of startlingly beautiful chords.

"There's a lady at the side of our house," Pudge called into the harmony.

I squinted my eyes, and sure enough, there was a lady at the side of our house. In fact, I was rather sure I knew who it was.

"I think it is your teacher, Pudge," I said. "Go see if she wants to come back here with us. I don't want to disturb Becky."

Soon Pudge was headed back with Miss Eliot following behind. Glancing at her rather understated elegance, I was suddenly aware that the grass needed mowing, that I was wearing blue jeans that were frayed around the cuffs, that the picture of mothers drinking beer at the end of the afternoon when they should be fixing supper might offend Miss Eliot. But none of it seemed to matter right then. I was too relaxed, or more precisely, too harmonious inside, to allow vanity to intrude.

Of course I wondered why she had come. I invited her to sit down in Pudge's chair and she did and gave a sigh of contentment which pleased me. It kind of reassured me that she had not come to complain about "Robert's messy desk." Then all of a sudden it became clear why she had come.

"Happy birthday, Robert," she said.

"It's not my birthday," Pudge said.

Miss Eliot looked rather startled. Somehow it became her. "Isn't this the twelfth?" she asked Pudge. Then she turned to me, assuming I might know better than Pudge. "This is the twelfth, isn't it?"

"I think so," I answered, "but Pudge's birthday is the twenty-first, a week from Friday." Then I started to laugh. I saw what had happened. Pudge had verified all of Miss Eliot's admonitions about carelessness. He had reversed the numbers in the invitation, the way he often reversed numbers, and I hadn't had the sense to check him.

I explained to her my theory of what had happened.

"Then you weren't expecting me for dinner?" she asked a little embarrassed.

"Not even I would be sitting out here in the back lot drinking beer if I were expecting company for dinner," I said. "But please stay," I hastily went on. "Pudge and I were getting lonely with just each other for company, and I've made great quantities of Black Forest stew because [illegible] home tomorrow and it's always fine the second day. Pudge, go [illegible] if you can find another bo[illegible]

I think it was more the [illegible] the sun that convinced her than my awkward invitation, but she settled into her chair a little further, and Pudge brought her the beer which he had had the sense to open and pour into a glass, and we sat in the waning sun.

We were silent for a while, but comfortable with the silence. For some reason I suddenly felt close to this young woman beside me.

"Do you have a name?" I asked. "Besides Miss, I mean."

"Jennifer," she said. "My friends call me Jennie."

My baby suddenly leaned back with that "now-I'm-absolutely-finished" air she always has at the end of nursing. I rubbed her back and she burped obligingly and quickly and Jennie asked if she could hold her a little, so I handed her over.

We sat there for a while, finishing our beer. Pudge had pulled a ladder over to one of the plum trees and now was perched high in the tree among the blossoms. It was almost as if he had grown there.

Jennie nodded toward Pudge. "That's lovely, isn't it?"

I felt suddenly as if my old dreams about the parent conference might not have been so absurd after all, as if Jennie had joined those of us who joyed in Pudge and helped create him. I wanted to tell her then about the harmony, about Becky and me, about the blossoms, about the world. The words came tumbling out.

"I was right," Jennie smiled. "You are an incredible romantic." But I felt she said it more as observation than criticism.

We decided we would eat in the kitchen because the dining room table was covered with the books from the bookshelves. So I put Becky into her crib for the night and went back and turned on the stove to reheat the stew and began to fix the salad while Jennie set plates around the round table in the corner of the kitchen. I brought out a fat old candle and put it in the corn[illegible] of the table and called Pudge to was[illegible] And then we ate and talked.

During dessert Jennie stared throu[illegible] the kitchen doorway at the stacks of u[illegible] shelved books. "You must read a lo[illegible] she said.

"Not right now," I said, seized [illegible] honesty as I had been all afternoo[illegible] "I'm not sure whether I'm ashamed [illegible] that or not. I mean, there are tim[illegible] when I'm with Becky and Pudge when[illegible] think that it's like the slow movement [illegible] a symphony and one shouldn't be thin[illegible] ing ahead to the next movement or bac[illegible] to the last one. When Pudge was fir[illegible] born I used to read while I nursed hi[illegible] I was scared to death my brain woul[illegible] atrophy or rust. Then one day while [illegible] was nursing I found I was reading [illegible] passage in a novel describing a woma[illegible] nursing, and it seemed so absurd. An[illegible] kind of impolite to Pudge."

"So you relaxed into life," Jennie said[illegible]

"I hope that's what it is," I said[illegible] "Though it may be sinking into a bog[illegible] Or falling into a rut."

"I guess we all must feel that wa[illegible] within," Jennie said, almost to herself[illegible] though it seemed to be to me as well[illegible]

When we said good-bye I told he[illegible] that she would see a different us th[illegible] following week on Pudge's birthday[illegible] Everything would be in order.

"I kind of liked it this way. Do yo[illegible] think I have to thank Pudge for bein[illegible] so incredibly careless?"

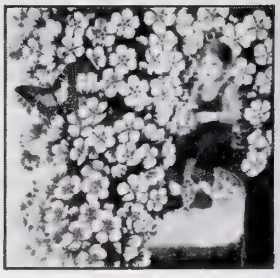
"You needn't go that far," I said. "I[illegible] might have been disastrous if the da[illegible] hadn't been graced by the sun."

Pudge came out of the playroom t[illegible] say good-bye, and we walked out o[illegible] the sidewalk and stood there while w[illegible] watched the little red car drive away[illegible] down the street. Pudge stared for quite[illegible] a while.

"Sometimes I think it would be nice t[illegible] have two mothers," he said.

"You may be right, Rob," I said. And[illegible] we went back into the house. **End**

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POLICEWOMEN

continued from page 83

cover of a tree on the man's left and shouted for him to roll down his window and throw out his car keys. Several moments later two other police cars arrived, and one of the officers shouted: "Put both hands on the windshield." The man did, the police moved in, took him from the car and handcuffed him.

Riding downtown, the man sat staring, bug-eyed, with the shocked look of a deer caught in the glare of headlights. Joyce turned to Roger. "Rockwell," she said, "read him the warning."

"I am a police officer," Roger began. "You are hereby warned that you have certain rights as follows. . . ."

Later, after the man had been booked and fingerprinted, Joyce and I talked. "Before I joined the force I was a housewife," she said. "I have two boys, seven and four, and a girl, two. They all want to be police. When I took the test I thought of this mostly as a good job, good pay. Now that I've been on the street for eight months, I wouldn't trade it for anything else. My opinion is anybody, female or male, who doesn't have emotions toward people won't last very long. If you're just here to make the money, you haven't really got what it takes. I run across people who can't get help anywhere else but the police."

Joyce then handed me a file of all the reports, good and bad, that had been made on her. (Like all Dayton police officers, she is entitled to see the material in her file.) I read through the documents on her fight with a prostitute, her report of the policeman's infringement, her records from the academy. Finally, I came to her sergeant's evaluation. After several paragraphs of discussion, he had written: "without too much bull, *she did a good job for us.*"

Dayton prepares

When Dayton moved to put women on patrol, several steps helped to prepare the way. First, Police Director Grover W. O'Connor issued a statement saying that women had a legal right to receive street assignments, that he supported that right, that he was instructing his district chiefs to give women the same support and that women would be treated equally and be expected to perform equally.

Next, field training officers were selected and asked if they would mind riding with women. Because the men were given a choice, Dayton experienced little complaint from policemen's wives. (In some cities, the wives of policemen have protested that the assignment of women to patrol partnerships would endanger their husbands or tempt them into sexual liaisons with their female colleagues.) Later, a series of papers discussing various aspects of women on patrol were circulated to all Dayton police officers. The policewomen met together to discuss ways of handling their problems and, finally, there were open meetings where both women and men on the force could air their feelings.

NEW YORK CITY: On a grim, rainy afternoon, I headed for New York's 41st precinct in the South Bronx, nicknamed "Fort Apache" for its high rate of violent crime. All who can have fled the violence and anarchy of the 41st, and many buildings have been torn down, burned out or abandoned. It is an area where hatred of authority is so intense that residents hail garbage cans and bricks down upon firemen trying to save their own buildings.

Officer Robyn Schwartz

"If a woman can do the job in the 41st, she can do it anywhere," says Lt. Lucy Acerra of the New York Police Department's personnel unit.

In the 41st precinct I was going to ride with Officer Robyn Schwartz, who had gained a measure of acceptance there. "Of the policewomen who have come and gone here," one policeman volunteered, "the male cops have more respect for Robyn than anyone else."

Robyn was out at court when I arrived, so I hung around the station house talking to some policemen. Officer Frank Jones told me: "Last May my partner and I locked up a guy for attempted rape. Now, I'm six-one and 180 pounds, my partner's even bigger. This guy had a butcher knife and was threatening a barmaid. We couldn't use sticks or guns because there were too many people around. It took the two of us five minutes to get the guy to fall and get the knife off him. What could a woman have done?"

As if on cue, Robyn Schwartz came rushing in. She is five feet, four inches tall and weighs 135 pounds; she has straight, fine brown hair and looks broad-shouldered in her shoulder-padded uniform. We got in the patrol car with her partner, Richie Sullivan, who was driving. As soon as Robyn's voice was heard on the police radio, the razzing began. First came her name, followed by a long, wet, kissing sound over the radio. Then a raunchy joke, addressed to Richie. Robyn ignored it.

Since it was a slow afternoon, we went out to deliver subpoenas to people who had no phones. One man, handed his notification to appear in family court, said to Robyn: "You see, my wife can't strike back like you, so she calls the cops on me. If I hit *you*, you'd put me through the wall."

Back in the car Robyn told me, "People are under the impression all policewomen are black belts. The very first day I walked a foot post I was frightened to death. I didn't have a radio, I didn't have a partner. Then I noticed nobody came near me. I was like a strange animal to them. That's when I realized *they* had a fear of *me*." But, she says, her own fear rapidly receded. Now, like most police officers, she experiences the surge of adrenalin and increased heart rate that come with danger, but finds it "builds her up" rather than preventing her from doing what she must.

Early difficulties

Robyn first thought of becoming a policewoman after a friend died of a heroin overdose. Because of a hiring freeze, she wasn't appointed until four years after she took the test. By then she had lost her first enthusiasm. "In the beginning, it was horrible," she said. "A lot of guys wouldn't talk to me. There'd be comments on the radio. I wanted to quit. I used to go home and cry every night. But my mother kept supporting me, telling me they didn't mean it. 'Turn around and walk away,' she'd say. 'They're teasing.' Gradually the tone changed. They still tease me, but now they do it with a smile instead of a sneer." *(continued)*



"I've changed my mind . . . I'm not gonna be a fireman *after all . . . I'm gonna be a* nightwatchman."

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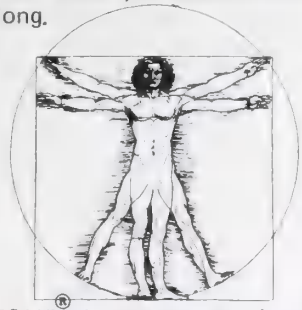
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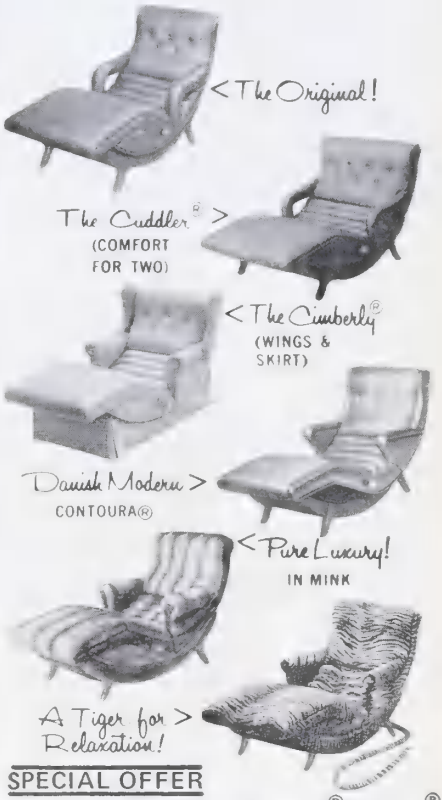
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She has decided that the way to get along is "not to compete." When she was at the police academy, a veteran policewoman gave her what she considers an invaluable piece of advice: "Just remember you're a woman. Don't ever forget it." Robyn says, "I've invaded a man's world and it's up to me to put them at ease. I have to be able to trust these men. I don't want them to turn their backs on me."

At the same time, Robyn has shown that she'll pull her own weight by going out of her way to request jobs she hasn't gotten in the normal course of assignment and by trying to prove that she's capable of backing up her partners in difficult situations. "Once," she remembers, "my field training officer and I walked into a family dispute. The man was drunk, refused to acknowledge my presence, turned his back on me and told my partner he was going to hurt him. I was behind the drunken man, preparing to zap him if he made a move. I felt that my partner was my utmost responsibility."

When I repeated Frank Jones' story about the would-be rapist in the bar, Robyn said: "What could I have done? I could have snuck up behind him and scratched his eyes out. There are lots of things I could have done." And Robyn has been in incidents where the fact that she is a woman curtailed violence. Once she confronted a crowd gathered around a dice game and demanded the dice. "A man came at me, but I didn't have to move. Somebody in the crowd knocked him down, asking, 'Where's your respect?' "

If the notion of women on patrol is hard for many people to accept, the notion of women in command is harder still. In New York on Thanksgiving Eve, 1973, three women lieutenants and four sergeants were notified that they'd been transferred to uniformed patrol. The women, all without prior patrol experience, had apparently been chosen because they were in assignments where they could be spared. They were sent to the police academy for five days and then out on the street. They were older women who'd never expected to go on patrol, yet they were being asked to make an extraordinarily difficult transition with almost no [illegible].

Panic and demotion

One casualty came early. A woman sergeant panicked when she [illegible] she was riding with got in a [illegible] with a gunman. Although details of the story vary, she apparently locked [illegible] in the car and, claiming later [illegible] didn't know how to use the radio, [illegible] to call for help. (She was demoted to police officer and removed from patrol.)

But others have survived and some, like Sergeant Joan Pearson, have distinguished themselves. "You'll hear yells and screams about policewomen but you'll never hear them about Joan Pearson, because she's out there doing her job," one police academy instructor told me. For two days, I rode around Manhattan's 13th precinct with Sergeant Pearson. I watched her in a lot of routine situations, which she handled with the unassuming competence and self-assurance she herself had told me was the nub of the job.

"You can tell whether people can do this job when they get in the car," she said. "It's a matter of self-confidence. If you can't take command of that car, you can't take command of anything else."

Trouble-maker

At the end of the second day, we drove in front of a high school to find 200 students gathered in the street. Sergeant Pearson radioed for another unit, then stepped into the center of the crowd. A pedestrian had been hit by a car and was fighting with the driver. The second police unit arrived and prepared to take the pedestrian, a spiffily dressed young black man, to the hospital to be examined. But one of the officers thought the young man looked suspicious and wanted to search him first. He protested. Sergeant Pearson, seeing the crowd, pulled her fellow officer aside and said, "What do you want to do, start trouble?" As she walked away, the officer cursed her angrily and said, "I'm not going to talk to *her* anymore."

Later I asked Joan about the difficulties of being a woman in command. "I'm out there primarily to help these men," she answered. "My decisions are based on good common sense. That's the only thing anyone ever uses and it's not a sex-linked trait. Believe me, I get tired of carrying the burden for women, but somebody has to."

SAN FRANCISCO: In San Francisco, a total of 13 women are now working in traditional policewomen jobs in this city, but a lawsuit in 1973 opened application without barriers to women and members of minority groups. Although no special recruiting was directed at women, 1,600 applied and 335 have passed the written exam. The lawsuit, aided by COPS (Coalition to Open the Protective Services), also asks that the SFPD hire at least 40 percent women; that the current physical agility test be abandoned because it is not job-related and discriminates against women; that 100 men currently serving in the department be required to take the test (on the assumption that many of *them* couldn't pass it now); that a new, less discriminatory test, perhaps based on New York's, be devised; and that women be placed on patrol on the same terms as men. The women have taken both the New York City test (which is given there at the end of eight months' training instead of as an entrance requirement) and the San Francisco test; the men have also taken their test, and the results are in the hands of the judge, who, as of this writing, has yet to rule on the case.

One evening I stood in the basement of San Francisco's Hall of Justice as several hundred women filed through to be measured, weighed and vision-tested for the police department. They were not very different from any other groups of young women—except in their idea of what women can do. Mary Christensen, whose long, dark blonde hair, regular features and long legs make her the image of the "California girl," sees no reason she shouldn't be able to do the job. "I've been in a couple of emergency situations where I came across pretty cool and calm," she says. "I might see an instance where a woman couldn't handle something on her own—but a man couldn't, either." The daughter of a minister, Mary was a physical education major in college and is now going to graduate school while working at a candy counter.

A young black woman who preferred not to be named told me that she'd wanted to be a policewoman "as long ago as my mother wanted me to be a nurse." She majored in criminology at San Francisco City College, but thought "she'd be dead" before one police department took in women. "I think law enforcement people are kinda born," she said. "You have to have something inside—the need to assist people like a doctor does, but to do it in a certain way. We can't get along without law enforcement. It's the only thing between people and chaos."

Who pays?

The other side of the argument is represented by Captain George Eimil, director of personnel for the SFPD. "Ninety-nine and 44/100 percent of police officers don't believe women have the physical ability to deal with violent situations," he said. "But we're going to do exactly what the judge tells us." Couldn't the women's physical ability be improved by extra training? I asked. "But who pays for it? Do we pay them overtime while they're working out?" he replied. What about the Washington, D.C., study? Didn't that indicate that women could do the job? "We have 1,900 police officers; they [Washington] have twice as many." But can't you weed out the women who can't do the job? "Anytime you terminate one of the protected groups, they're going to say you violated their rights. They'll have to be completely incapable for you to get rid of them. The ones who are marginally capable and have nice personalities will be all right." *(continued)*

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In Dayton, I put Captain Eimil's views to Major Tyree Broomfield, then acting chief of police. "I don't weed out the people who can't do the job," he said in response. "I select the people who can. Out of the last 136 applicants, I accepted ten. I tell those in command: 'I don't want anyone who's incompetent.' One of the worst things we can do is hire women who can't do the job. But it's ridiculous to eliminate half the populace because God gave them different physical equipment."

After riding with patrolwomen, the evidence of my senses told me that there was no question that women can do the job. On the other hand, the men's fears are understandable in the light of generally-held stereotypes about women—and in view of the threat women pose to the ego of male police officers. "It used to be, all you had to do was put on a blue uniform and you became a man with all the symbols of manhood hanging from your belt," one policewoman told me. The introduction of women on patrol takes away that automatic, symbolic masculinity—and perhaps that's why it's being so strenuously resisted.

Not one of the boys

To overcome that resistance, women must prove that they can pull their own weight and will not accept "protection".

"I can't be one of the boys, I can't share a few beers," said Joan Pearson. "But at the same time, I can't let people shove me to the back when there's trouble."

In Dayton, Captain H. G. Reed, Sr., a 35-year veteran of the force, never thought he'd see the day women were on patrol. "My first reaction was, it'll never work. I was scared. But I was willing to try it. I made that commitment immediately." Now Captain Reed is a staunch supporter of women, even in command positions. "I have three women in my district, and in a number of dangerous calls their reactions haven't been any different from the men's. I have to admit that they seem to have a better knack in their approach; they don't initiate any problems."

Perhaps it is the attitude of men like Captain Reed that has enabled Dayton's policewomen to perform so well. "The commitment at the top is a signal for other people," says Acting Chief Broomfield. "Men have been raised to think that women are not physically competent, that they're the weaker sex, the lesser being. Now we're asking men to realize that they've had a conditioning on them, and that's not easy. The [illegible] women who are prepared to accept equality need to be given due credit.

"What we ought to be saying is, 'Hey, baby, where've you been so long?'"

A Journal Survey: How Police Chiefs Rate Policewomen on Patrol

To find out more about policewomen on patrol—what kind of job they're doing, how citizens and policemen regard them—the JOURNAL sent questionnaires to the police chiefs (all male) in the largest U.S. cities. The results of this poll—the first of its kind, we believe—prove conclusively that policewomen are doing what has always been considered a "man's job"—and doing it well.

In 28 of the 42 cities that responded (see list at end of survey), uniformed policewomen are now assigned to patrol duty, covering a "beat" on foot, in a car or on a motorcycle in the most visible and traditional male police work.

Perhaps the most significant finding of the JOURNAL survey is that 19 out of these 28 police forces with women on patrol duty believe that properly trained women can be as effective as men. (Of these 19, four expressed some concern about women's potential to handle violent situations in which physical strength might be a factor.) Seven cities answered that it is too soon for them to judge, and only two (Ft. Worth and Corpus Christi) believe that women can't do the job as well as men.

Almost half (43 percent) of our respondents say they have found no particular advantages or disadvantages in assigning women to patrol duty; in essence, they see no notable difference between the way men and women do the job. Almost one third (32 percent) believe it is "too soon to evaluate." But the remaining 25 percent have drawn the following conclusions:

Advantages of Using Women on Patrol:

1) Women are more effective in dealing with women and children victims and offenders, victims of sex-related offenses and family disputes.
2) Women are less aggressive and therefore less likely to generate complaints or provoke violence.
3) Women write good reports and pay more attention to detail.
4) Women are not hesitant about asking for "back-up" (assistance from other police officers) when necessary.

Disadvantages of Using Women on Patrol:

1) Women are not as "physically rugged" as men.
2) Male officers at first tend to be overprotective of female colleagues.
3) Male officers are reluctant to accept women as equals.
4) Women allow themselves to be overprotected by men.
5) The assignment of women to patrol can cause "internal problems" when policemen's wives object.

Among the other major findings:

- Although women have served in limited capacities on U.S. police forces since the turn of the century, they still represent a tiny minority. In our sample, there are three policewomen to every 100 policemen—even in the most progressive departments (those that assign women to patrol).
- Every police department reported that the community's reaction to patrolwomen has been favorable or nonexistent. Only Albuquerque noted any "negative" citizen reaction, saying that "some women still insist on [dealing with] a male officer, mostly in telephone contacts."
- Despite their numerical disadvantage, a few policewomen have attained high rank. There is a woman captain in Philadelphia, inspectors in New York and Detroit, and a deputy chief of traffic in Chicago. In the remaining 38 cities polled, six have women lieutenants, and in another 14 the highest rank held by a woman is sergeant.
- Most police departments now issue patrolwomen the same equipment and uniforms given patrolmen. A few provide women with uniform skirts for formal wear or indoor duty, or different hats (WAVE-type). Only two of the cities responding (Detroit and Yonkers) report that their patrolwomen carry revolvers in department-issued handbags. (Many policewomen consider this an archaic and dangerous arrangement; a handbag can be snatched, interfere with the officer's freedom of movement or cost precious seconds in reaching her revolver.) In Tulsa, women's trouser flies close opposite to the men's. *Vive la différence.*

Varied practices

- Most police departments are not yet prepared to integrate women into all phases of police work. This time-lag is most evident in recruiting *(continued)*

HANDS

By Marcia Cohen

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The wide palms gently
Closing in my world,
The fingers combing through new grasses,
through my dreams
Until they bloomed . . .
Dark, open flowers, trembling
wide and soft and safe in

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1975 Bing and Grondahl Mothers. One of the most wanted collectors plates. From Denmark. $19.50



1975 Moppets Mothers Day. Perfect as a gift, and valuable as a Limited Edition Plate. $12.50



1975 "Peanuts" Mothers Day. Just as rare as the '74 Christmas, which quadrupled in price. $12.50



1975 "The Hunter" as painted by Andrew Wyeth for Saturday Evening Post. Almost sold out. $35.00



1974 Goebel Hummel Annual. Getting very scarce and rising in price in many areas. $40.00

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POLICEWOMEN
continued

and maternity-leave policies. Half the cities responding do not mention women at all in their recruitment literature. In San Antonio, for example, where six policewomen are currently employed, a young applicant reading the department's recruitment brochure might assume that the only way she could serve the police force would be by marrying a policeman. The brochure advises: "If you are married or are contemplating marriage in the near future, the potentially disagreeable factors of police work must be carefully discussed with your wife, or wife-to-be. The wife must be willing to accept the sacrifices necessary or the officer will fail in his work." (Of course, bureaucratic changes take time, and no doubt many police departments will update their recruitment literature, as Detroit is now doing.)

▪ Maternity-leave policies range from nonexistent to generous. Minneapolis, noting that the situation of a pregnant officer has never arisen there, "assumes the woman would use her vacation time." But Chicago policewomen may use the "disability leave" available to all officers—up to six months paid leave—to take time off when pregnant.

▪ Only five of the 42 police departments responding have assigned an employee specifically to the task of meeting the recruitment, training and other needs of policewomen.

(Of the 42 cities that responded to the *Journal* survey, the 28 that assign women to patrol duty are: Albuquerque, Atlanta, Birmingham, Charlotte, Chicago, Corpus Christi, Tex., Dallas, Dayton, Des Moines, Denver, Detroit, Ft. Worth, Indianapolis, Kansas City, Louisville, Memphis, Miami, Nashville, New York, Phoenix, Portland, Richmond, Va., St. Petersburg, Fla., San Antonio, San Diego, Tulsa, Washington, D.C., and Yonkers, N.Y.) **End**

Journal Shopping Center

DECORATING: Screen Story
PAGE 88: "Bombay" on the tall screens and "Bombay Grill" on the low screen, are companion wallpapers from C. W. Stockwell Inc.* "Southampton" white wicker chair with seat cushion and back pad (also available without cushions), $298; white wicker hour glass table, $125; white elephant head table, $150; ceramic pineapple lamp with shade, $175; large green ceramic parrot, $395, and white ceramic basket, $48, are all from Mayhew, 509 Park Ave., N.Y.C. "Marvella" 216 needlepoint rug in yellows and greens, from A. Morjikian.* 150 E. 58th St., N.Y.C.
PAGE 89 (top): "Selene Blue" wallcovering on the screens from Plaids & Stripes.* "Cynthia", stretched on the wall, used to upholster chairs, and laminated to the T-square table, is a 59" wide cotton from Boussac of France.* White wicker trunk, $199.95; white ceramic lamp with green shade, $125; large white ceramic swan planter, $275; [illegible] painting—Daisies and Anemonies by Hunt [illegible] from Mayhew, 509 Park Ave., N.Y.C. "Marvella" 325 needlepoint rug in reds and blues from A. Morjikian.* 150 E. 58th St., N.Y.C.
PAGE [illegible] (bottom): Brown corrugated cardboard covers the panels of the screens. "Empress" glazed chintz stretched on the wall and made into a table skirt, 16" wide cotton, about $4 yd., by Cyrus Clark Co., Inc. Yellow ceramic garden seat, $175, from Mayhew, 509 Park Ave., N.Y.C. "Marvella" $150 needlepoint rug in brown and blue from A. Morjikian,* 150 E. 58th St., N.Y.C.

*To the decorators and the decorating departments of stores.

MENSTRUATION
continued from page 58

As for those menstrual years, they need no longer be a burden to most women. A number of things are now available to release us from menstrual troubles altogether: pain relievers and tranquilizers that alleviate cramps and tension and emerging attitudes that give a woman a new sense of pride in the healthy functioning of her own body.

Despite our new-found ideas about sexual equality and woman's role in society, however, the taboos about menstruation have survived. Most primitive societies considered menstrual blood dangerous and sent women away to menstruate in special places where they wouldn't contaminate men. Menstruating women were often prohibited from cooking or preparing food for men, from participating in religious activities and from having intercourse.

Even today, psychologist Karen Erickssen-Paige points out, women take great care to avoid any visual signs of menstruation that would create embarrassment for themselves or others. Attitudes that menstrual blood is unclean or repulsive linger. In a study Dr. Paige made of 960 California couples, half never had sex during menstruation. Yet change is in the air. A survey made of female attitudes toward menstruation a decade ago revealed that colloquial metaphors such as "the curse . . . the sickness . . . the wrong time of the month" were used most often by older women. Hardly anyone calls it "the curse" any more.

Benefits vs. risks

In deciding whether to postpone or end her periods, a woman must weigh the benefits against the potential risks, the convenience against the long-range unknown effects. One school of thought says that hormonal intervention—while probably safe—is unnatural. The other school says that regular menstruation is in itself unnatural.

On one point, many medical experts agree: someday a woman may be able to go to her gynecologist and routinely request a form of contraception tailored to her needs: one that interferes with ovulation but gives her a period; one that allows her to ovulate without bleeding; one that does both; or a device—rather than a drug with possible complications—which does neither.

That day may not be as far off as it sounds. "At this very moment, a new, injectable contraceptive is ready to be tested, which has as a secondary effect the suspension of menstruation," says Philip A. Corfman, M.D., director of the Center for Population Research at the National Institutes of Health.

Given a choice, would you want to be freed from menstruation? Or would you miss your periods? **End**



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THE FREEZER

continued from page 111

thawed, but cooking times become more difficult to gauge. More predictable results are obtained from defrosted meats.

9. What can I cook directly from the freezer?
Main dishes and casseroles, refrigerator cookies and vegetables can be cooked successfully from the frozen state.

10. Are there foods that can't be frozen?
Foods with a high fat content generally emerge from the freezer in a less appetizing condition than when they went in. Milk, cream, cottage cheese and yogurt freeze poorly. So do most salad greens, radishes, tomatoes, pie meringue, gelatin mixtures and potato salad. Also unblanched vegetables, mayonnaise, soft-filled layer cakes, unbaked yeast doughs and batters. Avoid freezing home-prepared stuffed poultry which can accumulate dangerous bacteria. Raw eggs can be frozen if removed from their shells and frozen in ice cube trays.

11. How often should I defrost my freezers?
Follow instructions that came with the freezer. Once every six to twelve months should be adequate.

12. What is the best way to defrost a freezer?
In general, the quicker you defrost the better. Unplug the freezer and open its door. A pan of boiling water in the freezer hastens the thawing process. Plan to defrost when the freezer is relatively empty.

Protect remaining frozen items by placing in a picnic cooler or wrapping in newspaper to insulate.

13. What should I do if the freezer goes off?
Check to determine the cause of the trouble. Is the freezer properly plugged in? Has a fuse blown? If there has been a general power failure, check your utility company for an estimate of the duration of the outage. Call the service man immediately if the failure is due to a malfunction in the freezer. In any case, a nearly full freezer will retain satisfactory temperatures for as long as two days. Do not open freezer door. Foods in a partially-filled freezer will, of course, thaw more quickly.

14. What is the best way to thaw frozen foods?
Any foods that are normally refrigerated should be thawed in the refrigerator and cooked immediately or soon thereafter. Remove bulky meats and turkeys from the freezer one to three days before you're planning to cook so they will be fully defrosted in time.

CROCHET AND NEW LACE

continued from page 80

Instructions for making Irish crochet shawl and appliqués for dress shown on the cover and on pages 80–81.

SIZE: Approx. 22½" x 60" plus fringe.
MATERIALS: Unger's Cruise, 1 and 4/10 oz. ball. 7 balls for Shawl and 3 balls for Appliques for Dress. Size 0 steel crochet hook, or size to obtain given size of square.
GAUGE: Each square to measure approx. 3¾".
NOTE: Shawl: There are 16 rows with 6 squares in each row—96 squares. Squares are joined tog on the last row of the Irish Crochet.

FIRST ROW: *Shamrock Square 1:* Ch 2. Rnd 1: 6 dc in 2nd ch. Join with a slip st in first dc. Rnd 2: * Ch 12, skip 1 dc, slip st in next dc; repeat from * once, end ch 12, join with ■ slip st in first dc (3 ch-12 loops). Rnd 3: In each ch-12 loop (going under ch), work 1 sc, 1 hdc, 15 dc, 1 hdc, 1 sc. Rnd 4: First Picot Row. Slip st in first 2 sts of first leaf, sc in next st, * (ch 4, dc in 3rd ch from hook [picot], ch 4, dc in 3rd ch from hook [picot], ch 1, skip 3 dc, sc in next dc—double picot) 3 times, ch 4, dc in 3rd ch from hook (picot), ch 4, dc in 3rd ch from hook (picot), ch 1, sc in 2nd dc of next leaf; repeat from *, end last repeat omit sc and instead slip st in 2nd slip st at beg of row—12 double picots. Rnd 5: Work 3 slip sts along top of picot to center of first double picot, * (ch 4, dc in 3rd ch from hook [picot], ch 4, dc in 3rd ch from hook [picot], ch 1, sc in center of next double picot) 3 times, ch 4, dc in 3rd ch from hook (picot), ch 4, dc in 3rd ch from hook (picot), ch 1, sc back in same space for corner; repeat from * around—4 corners with 3 double picots between corners. Fasten off.
Shamrock Square 2: Work first 4 rnds as for Shamrock Square 1. Rnd 5: Joining rnd. Work 3 slip sts along top of picot to center of first double picot; (ch 4, dc in 3rd ch from hook [picot], ch 4, dc in 3rd ch from hook [picot], ch 1, sc in center of next double picot) 3 times; ch 4, dc in 3rd ch from hook (picot), hold back to back to first square and sc in center of last corner made on first square, ch 4, dc in 3rd ch from hook (picot), sc back into same space of 2nd square (corner joining); * ch 4, dc in 3rd ch from hook (picot), sc in center of next double picot of first square, ch 4, dc in 3rd ch from hook (picot), sc in center of next double picot of 2nd square; repeat from * 2 times more; ch 4, dc in 3rd ch from hook (picot), sc in center of corner of first square, ch 4, dc in 3rd ch from hook (picot), sc back in same space on 2nd square (corner joining); (ch 4, dc in 3rd ch from hook [picot], ch 4, dc in 3rd ch from hook [picot], ch 1, sc in center of next double picot) 3 times; ch 4, dc in 3rd ch from hook (picot), ch 4, dc in 3rd ch from hook (picot), ch 1, sc back in last space worked (corner); (ch 4, dc in 3rd ch from hook [picot], ch 4, dc in 3rd ch from hook [picot], ch 1, sc in center of next double picot) 3 times; ch 4, dc in 3rd ch from hook (picot) ch 4, dc in 3rd ch from hook (picot), ch 1, sc back in same space for corner. Fasten off. Join 3rd, 4th, 5th and 6th square in same manner for first row of shawl.

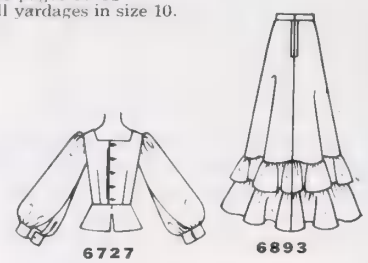
SECOND ROW JOINING: *Square 7:* Work until the first 4 rnds of square 1 are completed. Rnd 5: Joining rnd. Work first 3 double picot loops as on rnd 5 of all other squares; work a corner as on rnd 5 of all other squares; work 3 double picot loops as on rnd 5 of all other squares; ch 4, dc in 3rd ch from hook (picot), hold back to back to square 1 of first row, sc in center of first corner of first square of row 1, ch 4, dc in 3rd ch from hook (picot), sc back in same space on first square of row 2 (corner joining); (ch 4, dc in 3rd ch from hook [picot], sc in center of next double picot loop of first square of first row, ch 4, dc in 3rd ch from hook [picot], sc in center of next double picot of first square of row 2) 3 times; ch 4, dc in 3rd ch from hook (picot), sc in center between joined corners of first and 2nd square on row 1, ch 4, dc in 3rd ch from hook (picot), sc back to same space on first square of 2nd row (there are now 3 corners joined at this section); work 3 double picot loops, work a corner as on any rnd 5 of square. Fasten off.
Square 8: Work same as for first 4 rnds of square 1 of row 1. Rnd 5: Joining rnd. Work first 3 double picot loops as on rnd 5 of all other squares; ch 4, dc in 3rd ch from hook, hold back to back to 7th square (1st square on row 2), sc in center of last corner of 7th square, ch 4, dc in 3rd ch from hook (picot), sc back in same space on 8th square (2nd square on row 2) for corner joining; (ch 4, dc in 3rd ch [picot], sc in center of next double picot on 7th square, ch 4, dc in 3rd ch [picot], sc in center of next double picot on 8th square) 3 times; ch 4, dc in 3rd ch (picot), sc in center between 3 joined corners of 1st and 2nd squares of row 1 and 1st square of row 2, ch 4, dc in 3rd ch (picot), sc back to same space on 8th square (this completes a 4 corner joining); (ch 4, dc in 3rd ch [picot], sc in center of next double picot of 2nd square of row 1, ch 4, dc in 3rd ch [picot], sc in center of next double picot of 8th square) 3 times, ch 4, dc in 3rd ch (picot), sc in center of 2 joined corners of 2nd and 3rd squares on row 1, ch 4, dc in 3rd ch (picot), sc back in same space on 8th square (there are 3 joined corners at this point); work 3 double picot loops along 8th square; work a corner and fasten off. Join 16 rows of 6 squares in each row in this manner or desired size.

FINISHING: DO NOT PRESS OR BLOCK. Wet with cold water. Lay on a towel to measurements. Let dry away from heat and sun. Fringe: Wind yarn around a 13" cardboard and cut at both ends. Fold 4 strands in half, insert hook from wrong side through first picot loop and draw loop of 4 strands through. Pass all loose ends through loop and knot. Work a fringe in each picot loop plus joining spaces across each short end of shawl.

PIECES FOR DRESS: Note: These strips will vary with size and any adjustment that may be made on pattern. Work 1 strip to go up front of bodice, 1 strip up front of skirt, 1 strip up each sleeve and 1 strip around lower edge of skirt as shown. Wet block pieces as explained for shawl. Sew pieces onto dress as shown.

PATTERN BACKVIEWS

See pages 80–81
All yardages in size 10.



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SIMPLICITY #6727. Misses' blouse, 8–16 sizes. $1.00. Requires 1 and ⅞ yards of 60" fabric. Fabric shown is Logantex "Via Veneto" blend of fibranne and silk.
SIMPLICITY #6893. Misses' skirt, 6–14 sizes. $1.50. Requires 2 and ⅝ yards of 60" fabric.

NANCY KISSINGER
continued from page 77

een better." With the Secretary, she as hosted more than a half-dozen formal dinners, honoring, among others, ormer Israeli Prime Minister Golda Meir and French Foreign Minister Jean auvagnargues in the Palm Court of the National Gallery of Art. (The Kissingers, ccording to their protocol chief, wanted to show the French that we, too, have laces of culture.") Without the Secretary, Mrs. Kissinger has entertained the wives of Latin American foreign ministers, the Israeli Prime Minister and King Hussein of Jordan.

"She's unaffected, with a great sense of humor, including self-humor," relates Guido Goldman, a friend of the family, trying to get at the essence of her success as a hostess. "I know it sounds corny, but she comes on as very sincere."

"She is herself whether she is entertaining or not," adds Bette Lord, wife of Winston Lord, one of Kissinger's closest aides. "She has no airs to put on, has her own very strong opinions and expresses them. She's thought seriously about problems and is not one of those people, especially women, who discovered tragedy yesterday."

Mrs. Kissinger is a stylish dresser. "Clothes have become very important to her," says Ms. Alsop. "And she wears them beautifully, especially designs by Oscar de la Renta. She is bringing style to Washington." Bill Blass is another one of Mrs. Kissinger's favorite designers. He has just completed her spring wardrobe. "She is very interested in clothes," Blass agrees. "She understands what looks best on her. She's very unselfconscious."

It is perhaps a measure of the growth of her self-confidence that she does not mind wearing the same outfit twice, even three times, if she likes it. On one of her trips abroad with the Secretary, Mrs. Kissinger boarded the plane at Andrews Air Force Base wearing a long, severely simple gray dress with a matching coat and hat. "That's a smashing outfit," exclaimed one uninhibited newsman. "Get used to it," retorted Mrs. Kissinger with a smile. "It's a long trip, and you'll see it more than once."

Introducing the high-wire

Mrs. Kissinger has not logged as many air miles as the Secretary during the past year—she missed two trips last summer while she recuperated from a bad ulcer attack—but she did go on three long, grueling journeys that introduced her to the high-wire of shuttle diplomacy, one of her husband's contributions to international affairs. In late April, 1974, a few weeks after she returned from her Mexican honeymoon, she joined the Secretary on a 34-day journey through the Middle East, which culminated in a disengagement agreement between Syria and Israel. In late October, she went with Kissinger on a 19-day swing through Moscow, New Delhi, Dacca, Islamabad, Kabul, Teheran, Isfahan, Bucharest, Belgrade, Rome, Cairo, Amman, Jerusalem, Damascus, Tunis and finally back to Washington. Eleven days later, she left once again for Tokyo, Peking, Soochow, Shanghai, Tokyo, Anchorage and Washington.

With the sole exception of Tunis, every one of these stops was a brand-new experience for Mrs. Kissinger, whose previous foreign travel had been limited largely to England and France. "I think it's the weakness of the East Coaster," she concedes. "Always going to Europe. I just talked one of my friends who goes to Europe three times a year into saving all of her money for one big trip to Asia." Nancy lit *(continued)*



"I was attacked by a mud puddle."



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NANCY KISSINGER

continued

another cigarette (she smokes three packs a day) and glanced back at a large Japanese scroll, which was hanging on the wall of her living room. "We bought it in Tokyo," she said. "It's of the Kyoto Fair." She smiled, as though she was appreciating a private joke. "We actually bought two scrolls. I spent a great morning drinking tea and looking at scrolls. Some of them had astronomical price tags. I selected seven of them, hoping Henry would pick one to buy. He was in Vladivostok at the time, with President Ford. When he came back, I had him go over to the shop to check out the scrolls. He settled on two, and then he couldn't decide which one to buy. So he bought both of them."

I asked Mrs. Kissinger if she had enjoyed Japan more than China. "I think China is impressive," she answered carefully, remembering perhaps that China was the scene of one of her husband's great diplomatic breakthroughs, "but I have a preference for democratic states."

Mrs. Kissinger carries the same strong preference to other parts of the world. She thought that Russia, like China, was impressive, and her hosts courteous, but several of her aides said that she seemed depressed by the heavy hand of state bureaucracy. On the morning of her departure from Moscow, she inadvertently left her only pair of boots near her packed bags, and the security men whisked everything out to the airport before she could finish dressing. She couldn't get into a pair of Henry's shoes—"He wears a size 11, much too big for me," she remembers—so she had to borrow a pair of high-ankle bedroom slippers from one of Kissinger's male aides. "Henry noticed right away," Nancy says, "and thought I'd gone mad. 'Why are you all dressed up and wearing bedroom slippers?' he asked."

In the Middle East, she seemed less interested in Egypt's present than its past, especially the "incredible sight" of the ancient ruin of Abu Simbel on the banks of the Upper Nile, and she was given a very warm welcome by President Anwar Sadat. "You are among Henry's family here," he purred. But she got sick in Egypt—and perhaps for that reason she never seemed particularly turned on by Egypt.

Not so Israel. She was positively "emotional" about the Jewish state. "Everyone who goes to Israel feels an emotional experience," she explains. "It is a very impressive place. The people are highly intelligent. They combine the gifts of the American frontiersman with the sophistication and intellect of centuries of culture." While Kissinger shuttled between Jerusalem and Damascus, Mrs. Kissinger recuperated at the King David Hotel—most of the time at the Olympic-sized swimming pool, which was guarded by Israeli troops carrying submachine guns. When she swam laps in the pool, a Secret Service agent swam alongside her. Nancy tanned; Henry got paler.

Perfect taste and poise

Wherever she journeyed, she was an instant success. Photographers kept trying to take her picture, sometimes alone, most of the time with the Secretary. "Doesn't anyone want a picture of me alone?" Kissinger asked playfully. "Not any more," one photographer responded. Although there were hundreds of pictures of Mrs. Kissinger at every stop, there were very few quotable lines, and the reporters grew restless. One of them suggested that Kissinger, the master quipper, prime her with a few good lines. "He has," Nancy countered, "but I keep forgetting them." If she didn't remember her lines, she never forgot her manners. On all of her journeys, she has always behaved with perfect taste and poise, and she has won everyone's praise. "Nancy," remarked Affaf Fahmy, wife of the Egyptian Foreign Minister, "acts as though she has been doing this all her life."

On a personal level, Nancy believes that she has made a big difference to Kissinger on these long and difficult journeys. "There's no doubt about it," she says confidently. "Anyone who's working hard all day, under constant tension, like Henry during these trips—to have someone from his own family, someone he can come home to, someone he can totally relax with, that's so important. Even in a hotel room, even if he doesn't want to say anything; just to know someone is there. It's so very important." Every reporter on the Kissinger plane agrees. "When Nancy's on board," one reporter said, "he's so much more relaxed. Why, he's almost human!"

"Very considerate"

Mrs. Kissinger also makes a big difference to Kissinger when the Secretary is in Washington. Before he married Nancy, Kissinger used to work a 20-hour day; now he has tried to trim it down to 16. But it's hard. "His day is always overscheduled," Nancy said. "It's like a dentist's office. Somebody always has a toothache at the last minute, and Henry must slip him in. And then, just as that's over, somebody else's bridge falls out, and he has to come in. People then start getting stacked up. And it's that way every day; well, almost every day." No matter how busy the day, Kissinger always manages to call his wife a couple of times a day. "He's very considerate," Nancy reveals. "He always writes when he is on a trip, and he always calls. And when he comes back, he always brings me something. It doesn't matter what. He is really a very considerate man."

The Kissingers either give or attend a formal dinner or reception two or three evenings a week, but Nancy tries to husband the Secretary's strength. "If I can help it," she says, "we spend three or four nights a week at home. During the fall, Monday nights are extremely important to Henry. That's when the football games are on. He is a fanatical fan, you know. When he comes home, the first thing he reads is the sports page, before anything else." Mrs. Kissinger enjoys cooking French food, though she doesn't do much of it these days. "Henry's hours are too capricious." They both enjoy a late-night TV movie in Kissinger's second-floor study overlooking the garden of the old Georgetown house they are now renting on a year-to-year basis. (The three-story, red-brick house once belonged to Supreme Court Justice Felix Frankfurter.) Or they work quietly in the study: he in a comfortable leather armchair with top-secret papers spread out on his lap; she at his generally unused desk. Both are capable of burning the midnight candle, and often do.

The telephone is a constant nuisance in the Kissinger household, which is protected by Secret Service agents around the clock. It often gets on Nancy's nerves, and always cuts into her sleep. She jokes, "I would like to arrange international crises so that they all take place in the same time zone. Then you wouldn't have to be awakened every night in the early morning hours."

Like many other wives, Nancy Kissinger would like to see more of her busy husband—she often joins him for a quick lunch at his office—but she does not join

(continued on page 138)

"And she was as fair as is the rose to May"



Actual Size of Plate is 9" in diameter.



Pendant Shown Actual Size 1½" Diameter.

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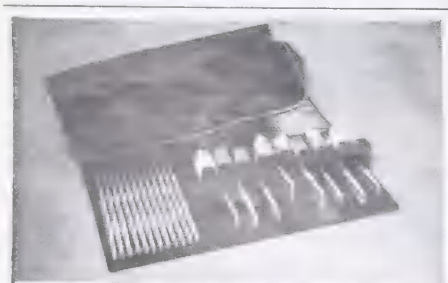
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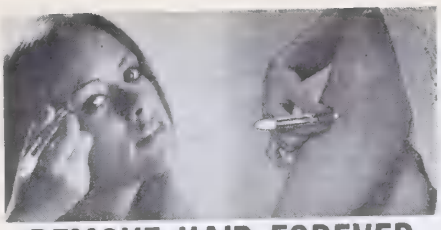
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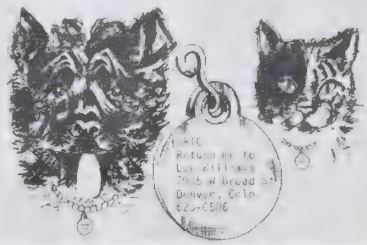
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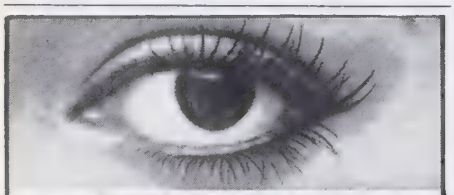
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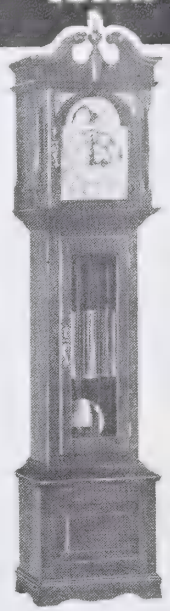


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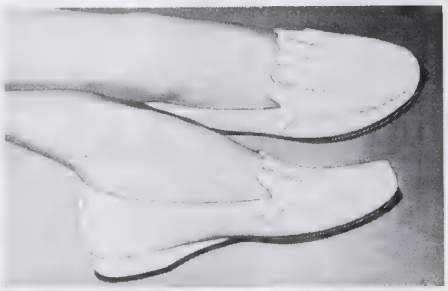
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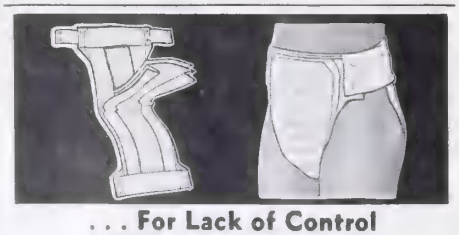


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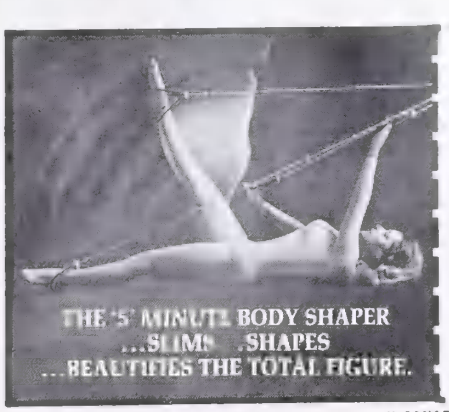
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continued from page 132

those who denounce his extensive foreign travel. "Unfair," she calls the critics. "I think he is trying to be as responsible as he possibly can—to the President, to the Congress, to the press. What we forget is that we are the most powerful nation on earth. Whether we like it or not, our interests are global. At a certain point, they have to be taken care of."

Mrs. Kissinger does not like to intrude into policy-making. She enjoys discussing the big issues of war and peace with the Secretary of State—their marriage has only formalized these seminars—but she generally shies away from making specific recommendations. "The problems are extremely complex," she says, accenting the obvious, "and he knows what he's doing." Mrs. Kissinger lit another cigarette and stared at the celadon plate over the fireplace. "I suspect he's more right than I am on most things anyway."

Old-fashioned conservative

There was a time, according to several of her friends, when she did not hesitate to advance her own views. During the first Nixon administration, she took a decidedly tough line on Vietnam, in fact on all dealings with the Communist world—on occasion, even tougher than Kissinger's. She never joined her New York friends in blasting the American invasion of Cambodia, or the mining and bombing of North Vietnamese ports and cities. Nancy is an old-fashioned conservative: strongly anti-Communist in foreign policy, cautiously liberal in domestic affairs. Because she didn't want to run the risk of embarrassing Kissinger or "Guvvy"—which is the way she used to refer to Rockefeller—she kept her own hard-line views out of the press.

Quite often, though, she told Kissinger about her deep dislike and distrust of former President Nixon. She though that he was somewhat unstable, and that this quality, more than any other, led to his downfall. Kissinger didn't argue with her, but his service to Nixon was never influenced by her feelings. Kissinger rationalized the whole thing by saying that he was serving the Presidency, not the President; the nation, not the Republican Party. Nancy never discusses her anti-Nixon views because she doesn't want to add to the grief of the Nixon children—especially Julie and David Eisenhower, of whom she is extremely fond.

Unlike her husband, whose European-based pessimism colors but does not determine his outlook on the world, Mrs. Kissinger is a homespun optimist. She believes America has the stuff to overcome its current run of adversity. She holds to the traditional view, which she shares with Vice President Rockefeller, that "problems exist to be solved." Increasingly, however, as Congressional criticism of her husband's policy and style mounts, Mrs. Kissinger has taken to worrying about the dilemma, common to most Western democracies, namely: whether a free and open society can, on occasion, resort to secret diplomacy without the Congress accusing the Secretary of State of duplicity, dishonesty or worse. Commenting specifically on Senator Henry Jackson's criticism of her husband's tactics, she told me: "I'm appalled, really. I respect Jackson, and I am not asking for public acceptance of everything the administration does. But there must be a place for quiet diplomacy. There must be some trust between the executive and legislative branches of government. If not, maybe Henry is right; maybe we are really in bad trouble."

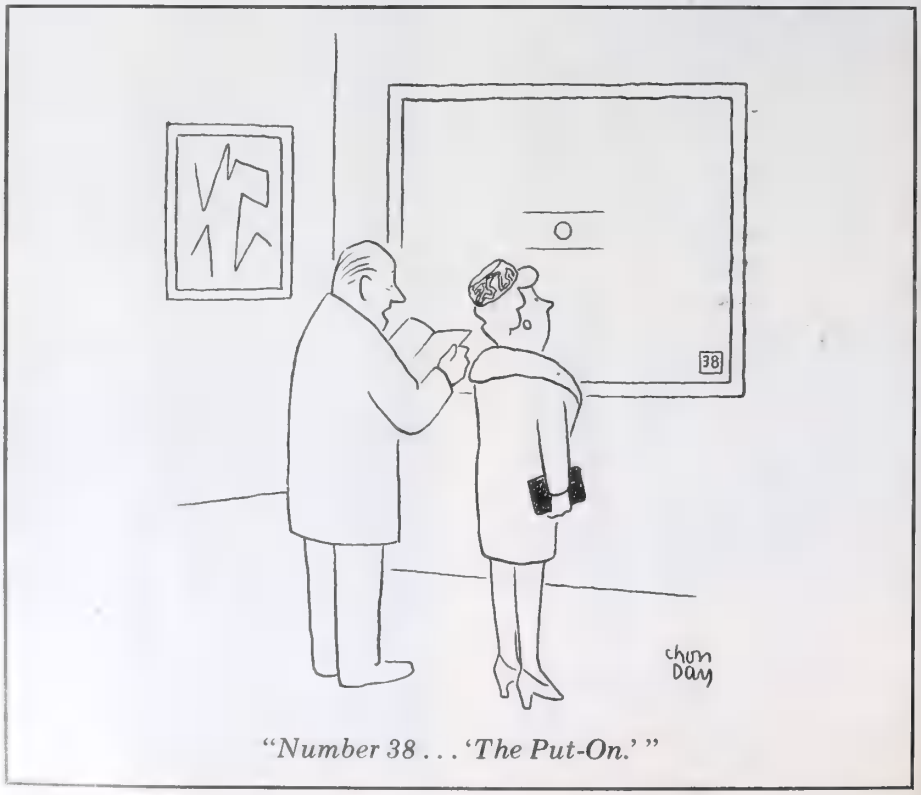
Whenever there is a potential conflict between Mr. and Mrs. Kissinger, Mrs. tends to defer to Mr. Nancy is terribly proud of Henry. "He has an interest in almost everything," she boasts. "Flowers, music, art, history, everything. When he stops being Secretary of State, he could be anything." Nancy's description of Henry is often unique. Most people consider Kissinger a driving, ambitious, power-hungry diplomat. Kissinger has even joked about his "ego" mania. Not Nancy. "He probably has less ambition than anyone I've ever known in my life," she insists. "Most of what's happened to him has been by happenstance. He was sort of quietly sitting there, writing his books, working away, when Nixon selected him for this job. I don't think it ever dawned on him. He was an immigrant to this country. Immigrants don't think of themselves at a Cabinet level. They dream of themselves as doctors and lawyers and professors, not as Secretaries of State."

Mrs. Kissinger literally beams when she talks about her husband's dedication to peace, especially in the Middle East ("the most unstable part of the world"), and his determination to prevent Western civilization from tearing itself apart in a mad scramble for easy solutions—or oil. But she recognizes that there may come a time when Kissinger will simply quit, his usefulness exhausted, his energy spent. "There is a cumulative fatigue that builds up. It hits everyone in these jobs sooner or later."

A new era

She, for her part, is not encouraging resignation, unless he loses the President's confidence, which is unlikely, or has a "violent disagreement" with another high official on a major issue and fails to carry the day. She believes that Henry Kissinger has months and years of good and creative diplomacy left in him, and she wants to help him spawn a new era of Western cooperation and international goodwill. **End**

Marvin Kalb, Diplomatic Correspondent for CBS News, has accompanied Secretary and Mrs. Kissinger just about everywhere they have gone—and has interviewed them both at great length. Mr. Kalb and his brother Bernard—also a Washington-based CBS correspondent—are the authors of Kissinger, *a recently released biography of the Secretary of State.*



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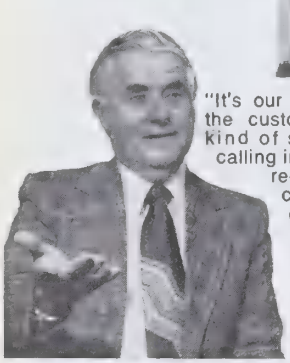


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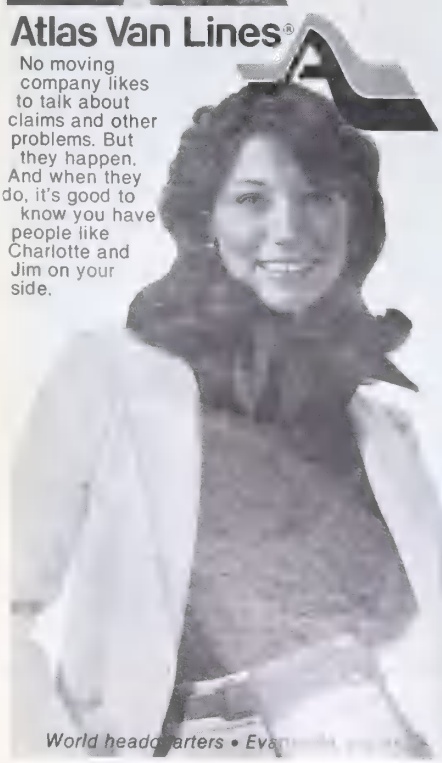


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Cover photograph of President and Mrs. Ford by Candice Bergen. Page 38: photograph of Lillian Hellman by Richard Avedon. Page 73: photograph of Candice Bergen with President and Mrs. Ford by Bill Fitz-Patrick, courtesy of The White House. Page 84: Wide World.

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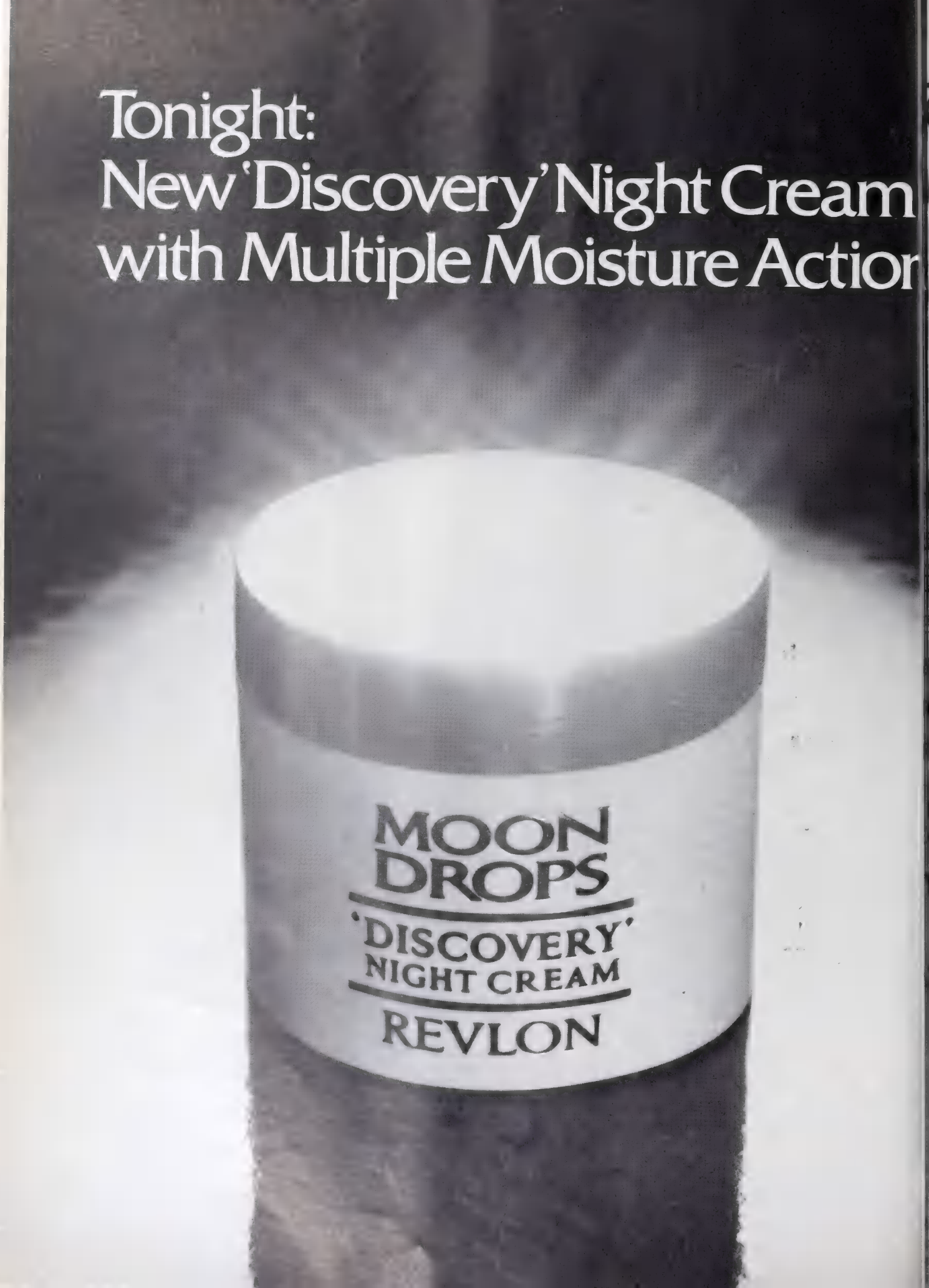
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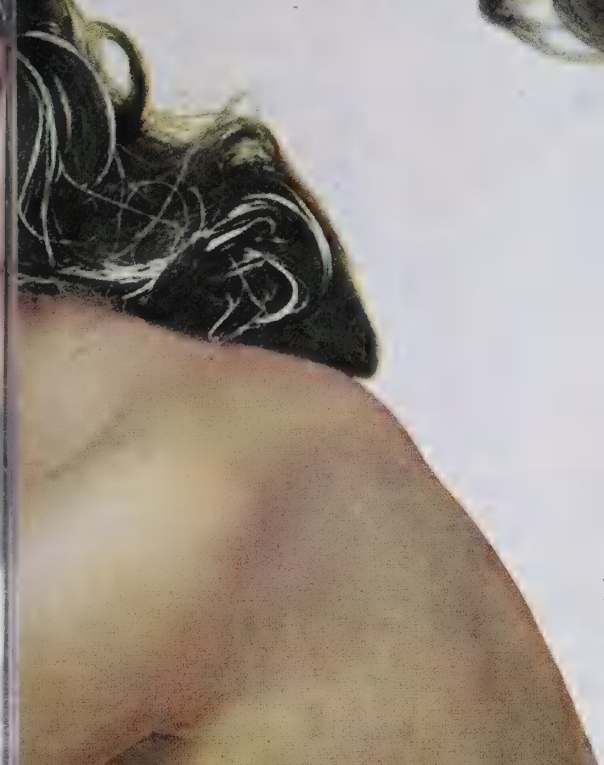
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EDITOR'S DIARY

By Lenore Hershey



Non-stereotypes

This is an issue full of recognition. Our cover photo captures the warmth and courage of a wonderful First Lady. On pages 37 to 39, you meet the 1975 Women of the Year. And now, recall with me another exciting night on television—the presentation of the JOURNAL Editor's Bouquet Awards to five female TV performers who have brought new images of women to their audiences, both in television series, and through individual performances.

It all took place on the Merv Griffin program, along with a fashion show—in which all six of us modeled reasonably priced, with-it clothes from The Kreisler Group, designed by Clovis Ruffin, John Kloss, Ralph Lauren, and Malcolm Starr.

A fabulous five

What a night! I flew out to Los Angeles to be at the studio where Merv tapes his show, clutching the scrolls, which I was to give to each of the chosen performers: Angie Dickinson (*Police Woman*), Jessica Walter (*Amy Prentiss*), Gail Fisher (Peggy on *Mannix*), Karen Valentine (*Karen*) and Cloris Leachman (soon to start her own series as *Phyllis*, another spinoff from the highly successful Mary Tyler Moore series).

What are these women like in real life? Unbelievably vital, surprisingly witty and supremely individual. Angie, of course, was glowing at her top ratings as the lioness-hearted, panther-slinky cop who moves in and out of seamy situations without losing her cool. Each of the women had charisma, but I particularly enjoyed Cloris, a multi-talented actress who had just moved her whole family from one house to another without help. In the makeup room, she had us all laughing as she emptied the contents of her jammed purse; out fell chopsticks and a meat thermometer! Against all that talent, your editor had clammy hands and shaky knees, but somehow, once I got onstage, it just seemed like a group of friends talking things over. Hope you caught the show.

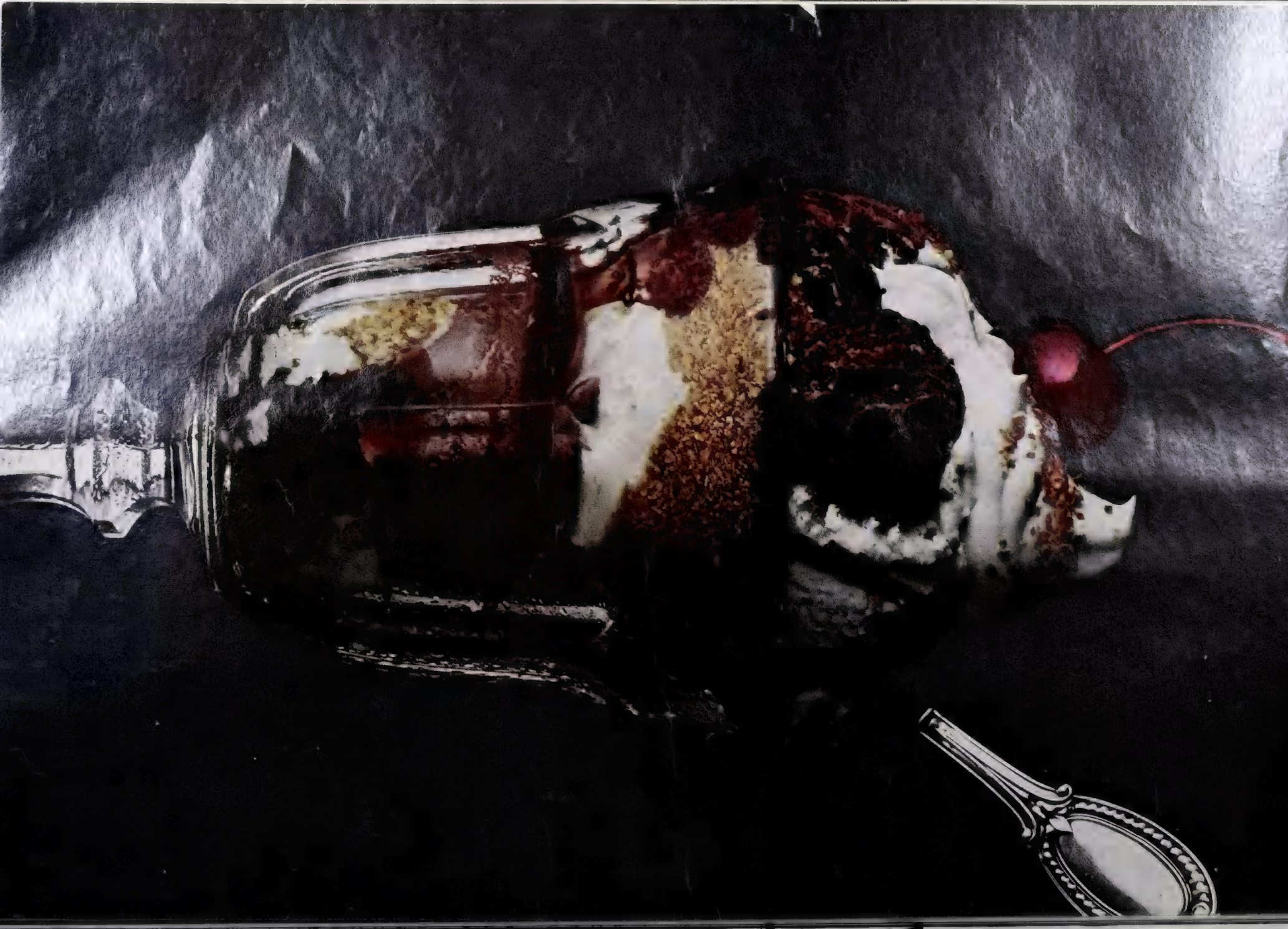
Candy and Kandy

Candice Bergen, 28, of course, is the movie star who has now taken up photography as a second talent (see page 73) and who occasionally dates dashing David Hume Kennerly, 28, official White House photographer. In case you're old enough to remember, Candy's also the flesh-and-blood sibling of a wooden dummy named Charlie McCarthy, who, a generation ago, was the radio wit of his time, thanks to the ventriloquist skills of Candy's father, Edgar Bergen. Kandy Shuman Stroud, 32, is another attractive young woman who gets around Washington a good deal. Formerly the capital correspondent for *Women's Wear Daily*, she covered the White House as well as other high-interest points, and in this issue writes about the shadowy Mrs. Wilbur Mills (page 84). Kandy's married to a pediatrician, has two children and can be seen tooling around Washington on her bike when the weather's good.—L.H.



MERV GRIFFIN & COMPANY: From left to right—your editor, Gail Fisher, Angie Dickinson, Merv, Cloris Leachman, Jessica Walter, Karen Valentine.


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WHAT'S HAPPENING

By Gene Shalit

Funny Lady is a shellburst of success; Stepford Wives is a promising "worst" of the year. This month Gene also looks at a bevy of how-to books for women

The movie screen scene

Sit down, relax, and get ready for a good, prime time, because here comes a classy, brassy, sassy musical humdinger: *Funny Lady.*

Funny Lady, starring Barbra Streisand! *Funny Lady,* starring James Caan! *Funny Lady* kicking fact in the fanny, stretching minimal Billy Rose into maximal James Caan, turning truth into fancy fiction. A movie of the melancholy loves of Fanny Brice, her marriage to Billy Rose, the follies of her ways, a golden touch, a silver throat, a diamond-horseshoe-hubby, drowning her sorrows in the aqua-cadences of Eleanor Holm. For a change, Barbra Streisand isn't just Barbra Streisand: Her performance is touched with lights and shadows, brimming with shimmering songs. Not hogging it . . . *sharing* it, playing it with Caan.

We begin with Fanny Brice, the Ziegfeld star, shlepping the torch for Nicky Arnstein, her gambler husband who done her wrong. She meets the up-and-not-yet-coming little nobody Billy Rose, but he snares the star Somebody and becomes a Somebody himself. *Funny Lady:* Romance, divorce, heartbreak, riches, infidelity, high fidelity, music, heartstrings, feathers, fun, folderol . . . an entertaining shellburst of success, with the nobody-else-is-even-close woman star of today, and James Caan, soon to be a star of stars himself. They're both out of sight, and so is *Funny Lady.*

Promising "worst"

Here's a promising candidate for this year's "10 worst movies" list: *The Stepford Wives.* The subjects are subjugated submissive substitutes for women in a sappy suburb called Stepford, where wives are models for domestic dolls who gleam their kitchens and become their husbands' vacuous vassels. The perpetrators of this movie are Ira Levin, who wrote the novel, William Goldman, who wrote the screenplay, and Brian Forbes, who directed it by rote. The star is Katherine Ross, who plays a photographer just arrived in Stepford with her two young children, her lawyer husband (Peter Masterson) and a dog (easily confused with this movie). She soon has a best friend, Paula Prentiss, who joins her in noticing that their friends have limited vocabularies and unlimited desires to clean their homes. It turns out to be the result of a preposterous plot concocted by Ira Levin trying for a successor to *Rosemary's Baby.* Instead, he's fabricated an anti-woman, anti-man, anti-movie humbug.

Glittering jalopy

Cole Porter's music seems so effortless that some people think the songs can be sung by almost anybody. But "almost" does not include Cybill Shepherd, the former (and future) model who prattles through the Porter musical comedy called *At Long Last Love.* It has been written, produced and directed by Peter Bogdanovich, whose adoration of the Hollywood of the 1930's is splashed across the white-tie-and-tails screen. Happily, the splash also includes Burt Reynolds, and he is most agreeable. I've long insisted that he has misused himself in macho roles. I'm sure he could become the most debonair, insouciant character on screen, and in this film he shows how to be casually elegant and amusing.

Bogdanovich's plot is negligible. Burt plays a plush playboy. Duilio Del Prete plays a penniless playboy. Cybill Shepherd is a vacuity looking for romance. Madeline Kahn is Madeline Kahn and what more could anybody want? An *end* to this dopiness, that's what, and thankfully *At Long Last Love* is at long last over. Bogdanovich has turned what should have been a glittering vehicle into a jalopy.

Salute to a genius

A genius for great music and a joy for great living have rarely been combined in such large measure as they are in the pianist, Artur Rubinstein. He is one of the most profound, playful, and popular artists of this century, and now we have him in a full-length film documentary called *Artur Rubinstein, Love of Life.* The director-producer, Françoise Reichembach, has done a virtuoso job of capturing Rubinstein with warm photography, sweet and funny reminiscences, and some bravura performances. If you love good music, and relish *(continued)*

ROBERT REDFORD ...MOVE OVER.



America has a new most-huggable hero.

Critics and audiences alike are saying you'll fall in love with this floppy-eared dog (and his movie) no matter how old you are . . . no matter how young.

It's probably the most unique motion picture of love and suspense you've ever seen because it's all told from the dog's point-of-view. And since there's no narration and the dog doesn't talk or think out loud, this is no easy job. But as Susan Goldsmith of American Girl says, "It works. Benji has a face far more expressive than some human actors."

"I cannot think of anyone of any age who would not be entertained by this film," says Perry Fulkerson of the St. Petersburg Independent. "There are only three prerequisites. You must watch it with open eyes, an open mind and an open heart. It will move you."

Liz Smith of Cosmopolitan says, "Benji is a movie like they used to make. Or maybe it's one like nobody ever made before. Everybody who's ever been loved by a dog will adore Benji."

Steve Jordon of the Omaha World-Herald even speaks to young lovers: "Anyone with a heart would enjoy this show and if some happy tears would make a date more romantic, Benji's the movie to see."

But what do honest-to-goodness audiences think? Benji was tested in fifteen major U.S. cities and the results were remarkable. Among adults and teens (no children sampled), 79% said Benji was "fantastic" . . . a total of 97% said "fantastic" or "good" and an astonishing 72% said they would like to see it again!

"Benji manages to express shades of love, hurt, joy and sadness so well it borders on the impossible. Throw in anxiety and fear, too."

That's from Phil Strassburg of the (Phoenix) Arizona Republic. Whitney Williams of Variety says, "In this case, it isn't a dog performing, but a dog acting, just as humans act."

Benji

A family film by joe camp

"There is no Oscar for animal actors, but perhaps there should be," says the Dallas Morning News. Edwin Howard of the Memphis Press-Scimitar sums it up, "I have seen dogs do remarkable things before, but I never until now watched a dog's face on the screen as he considered problems, discarded alternatives, tested theories, decided on courses of action, executed them, then reacted to their successful or unsuccessful results."

"Joe Camp has come up with something that people all over the country have been begging for - - -

. . . a film that is pleasant and exciting, real but not grubby, suspenseful but not frightening. A picture where the good guys win, and the police are helpful and even those who make mistakes do so with dignity. Kids, adults, even misanthropes will love it!"—Carole Kass, Richmond Times-Dispatch.

Benji. This summer. Watch for it.

mulberry square PRODUCTIONS®

Academy Award Nomination*
Golden Globe Award Winner
BEST SONG
from a motion picture
Benji's Theme
I FEEL LOVE
Performed by Charlie Rich
Available on Epic Records and Tapes

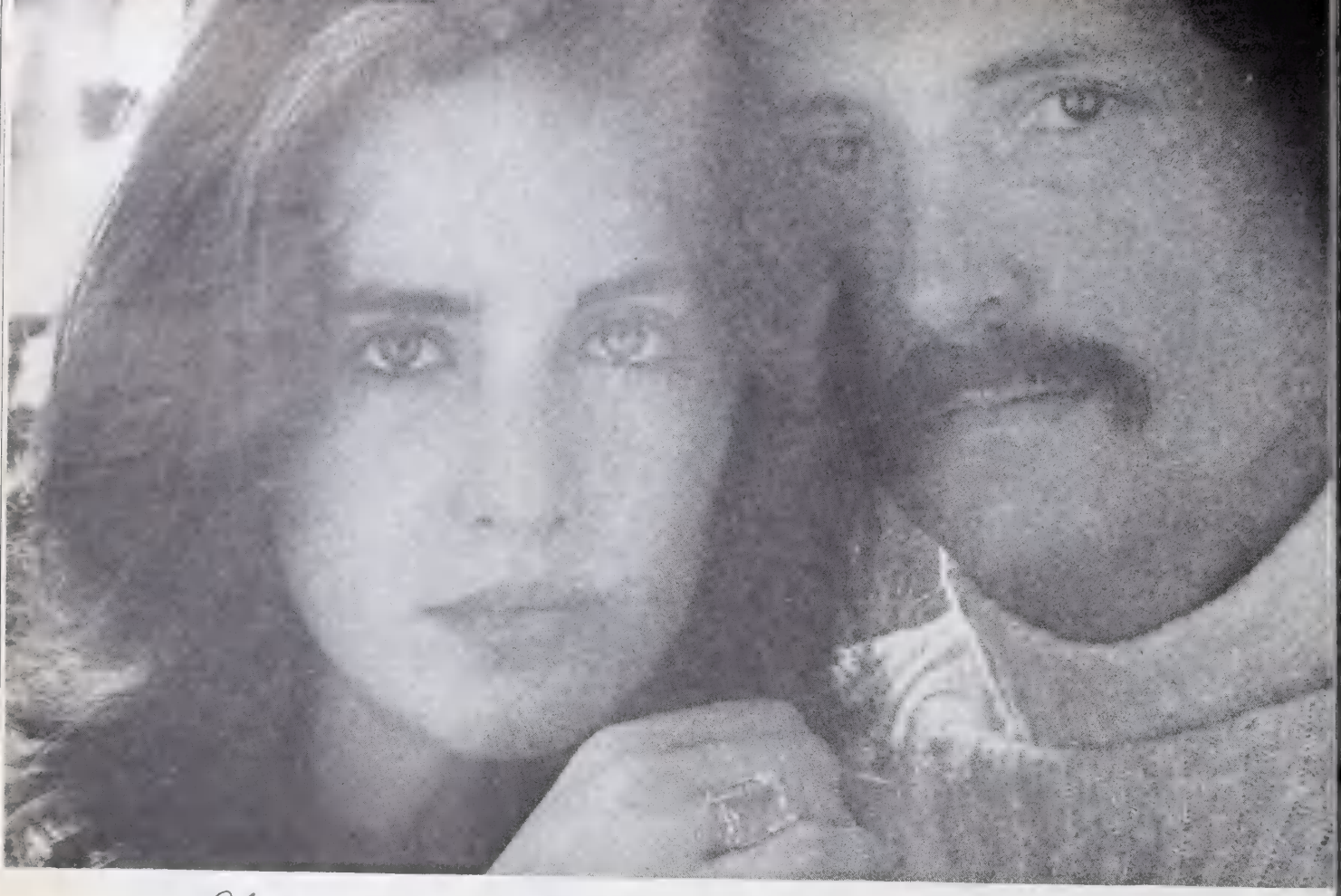
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*This ad went to press prior to announcement of the actual winner.

©MULBERRY SQUARE PRODUCTIONS, INC.

Starring (alphabetically) PETER BRECK, CHRISTOPHER CONNELLY, PATSY GARRETT, TOM LESTER, MARK SLADE, HERB VIGRAN, DEBORAH WALLEY

Special guest appearances (alphabetically) FRANCES BAVIER, EDGAR BUCHANAN, TERRY CARTER



If there's anybody who really knows me, it's Michael.

He says he loves the smell of my skin, and he likes my perfume because he says it brings out what I am to him.

More of a woman. More honest. More open. Less helpless.

I used to think being more of a woman meant acting hard to get.

Today I think it means not acting at all.



Want him to be more of a man. Try being more of a woman.

Emeraude by Coty.

©Coty, New York

HAT'S HAPPENING
ntinued

nan who lives with verve, get thee to theater, *allegro con molto*.

Roll up your sleeves and read

ore and more women—*millions*—want do it themselves. More women are on r own. And more married women nt to pitch in. Do you think book pubers aren't aware of all this? They ow that this isn't 1875. Women don't home wringing their hands—or laun—while the sink backs up and the r leaks (or the sink leaks and the car n't back up), waiting for their hus-nds or the repairman (what repair-an?) to arrive and make everything ork. Today, women fix things. *Do* ngs. And there are barrels of books und to make things right. In fact, nen 368 just-published, how-to books ed into my office during a single ek, I prayed that one of them would *How To Build More Book Shelves.* dging from the torrent of titles, you'd nclude that American women are agued by undecorated houses, dying plants, broken appliances and unhousebroken pets . . . women constantly struggling to keep the roof from caving in, the wheels from dropping off and romances from falling apart. There are plenty of books to give you a hand, even if you think you're not handy. Premise: You've never held a screwdriver. Get: *The Feminine Fix-It Handbook* by Kay B. Ward (Grosset & Dunlap) with easy-to-follow-around-the-house advice. It is especially useful for emergencies. . . . A new paperback series that should help you save money on all sorts of repairs is *How It Works . . . How To Fix It* (Rand McNally). This is one of the handiest sets I've seen—individual, inexpensive volumes (under $2 each): *Plumbing Systems, Appliances, Electrical Systems* and *Home Entertainment Products* (TV, Radio, Hi-Fi, Stereo). Not very glamorous titles, but their content can make you more content. These are useful because they explain what's going on *inside* the radio or over the bed lamp or under the tub. Illustrations are explicit; directions are clear. . . . Better than fixing things is keeping them from break-

(continued on page 24)

ENE SHALIT RE-VIEWS

rport 1975. Charlton Heston leaps into a 7 in mid-air to save Karen Black, his ewardess girl friend who is trying to ive the darned thing. He makes it, but thing can save this movie. Jerry Stiller ays a passenger who sleeps through the ole movie. Maybe he thought he was aying a member of the audience.

ice Doesn't Live Here Anymore. Ellen rstyn delivers an impact performance a what-do-I-do-now widow on the road Arizona accompanied by her insufferable -year-old son.

narcord. Federico Fellini at his best. One the finest films in years. Don't miss it.

ne Apprenticeship of Duddy Kravitz. chard Dreyfuss is admirably loathsome this densely detailed story of a Sammy ick in Montreal. A heavy film about a tten kid on the make.

ring Me the Head of Alfredo Garcia. Few ovies are as tedious. Bring me the head the studio.

lifornia Split. Elliot Gould and George gal are two of a kind: bet-on-anything lifornians who win big in Las Vegas. casional fun with an empty ending.

arthquake. Too many faults.

scape to Nowhere. An action thriller inlving British-Russian espionage. Intelli-nt, topflight entertainment.

reebie and the Bean. James Caan and lan Arkin as plainclothes cops obsessed automobile chases. Lots of crashing dium between the funny stuff.

he Front Page. Jack Lemmon and Walter atthau in the 1928 comedy. Don't stop ie presses.

he Gambler. This story of a college Enish professor who's a compulsive gambler a mixture of Dostoyevsky and dice. ames Caan's performance is a winner, but ie movie is no big deal.

he Godfather, Part II. A masterful piece work by Director-Writer Francis Ford oppola, with notable performances by ee Strasberg (making his film debut at 2), John Cazale, Robert De Niro and Al acino. Not as violent as Part 1, but richer, more textured, dense and disturbing.

Harry and Tonto. An endearing movie, with Art Carney in a shining performance.

Lenny. Dustin Hoffman as Lenny Bruce (who was a trial to his friends) acquits himself admirably, and Valerie Perrine is striking as his stripper wife. Not totally successful as a biography because it's blunted instead of blunt.

Love at the Top. Jean-Louis Trintignant in an adult, adulterous, and insouciant (I've always *wanted* to use that word) French film about a young financier who loses interest in banks and tries to cash in on beautiful women. Among those he checks are Romy Schneider, Florinda Bolkin and Jane Birkin.

Murder on the Orient Express. One of the starriest of all-star casts turns Agatha Christie's mystery into a movie worth making tracks to see.

The Night Porter. Pretense and perversion in post-Hitler Germany. Dirk Bogarde is effective in this sado-masochistic glop. R rated but deserves an X.

Scenes From a Marriage. Ingmar Bergman unravels the lies and longings of a husband and wife in three hours of Swedish intensity starring the practically incomparable Liv Ullmann.

That's Entertainment. Some of the best production numbers from some of the best MGM musicals. All singing, all dancing, all talking, all together now, *let's go!*

The Towering Inferno. Paul Newman, Steve McQueen and a skyscraper that is highly (138 stories) flammable. Among disaster movies, this one is matchless.

Young Frankenstein. Mel Brooks directed Gene Wilder, Peter Boyle, Marty Feldman and Madeline Kahn in a spoof that's monstrously funny.

A Woman Under the Influence. Gena Rowlands—as a woman of benign madness—gives the finest performance by an actress in the past year, and Peter Falk is brilliant as her working-class husband who can't cope with her. As directed by John Cassavetes, this is a most relentless film.

The sea has a secret for moisturizing your skin.

It's Aqua-Essence.



And you'll find it in Secret of the Sea. A super-moisturizing cream.

Aqua-Essence is a natural essence of sea water that brings forth precious moisture to the surface of your skin, giving it a misty-soft, supple, radiant look.

Smooth on Secret of the Sea and your skin will instantly feel the difference.

Everybody knows. Women who live by the sea have fresh, beautiful skin.

And now you can too.

With Secret of the Sea by Dorothy Gray.

Secret of the Sea
by Dorothy Gray

CAN THIS MARRIAGE BE SAVED?

By Dorothy Cameron Disney

Ken and Amy-Ann came from different backgrounds, but they had a similar problem: neither could relate to the other as an adult. Could their marriage survive?

It isn't surprising that your parents have an immense effect on how you relate to the person you marry. In this month's case, Ken's parents, both of whom had "drinking problems," were the type of people whose fluctuating affections taught their child to seek approval in very unhealthy ways. Their anger was so fearful that Ken quickly learned how to behave in order to maintain a peaceful façade at home. The lifestyle he was forced to create appears to be very acceptable socially, but on a more profound level it's less feasible.

Amy-Ann had lost her father as a child, and she had developed an obsessive devotion to his memory. Her overprotective mother virtually moved in with Amy-Ann and Ken after they were married. Her presence definitely had an inhibiting effect on the couple—especially in the sexual sphere. Living with her mother and obsessed with the memory of her father, Amy-Ann never really had a chance to grow up.

The problems the couple faced were caused by the fact that they were relating to each other through a network of unsolved childhood problems. It wasn't until they could recognize this and work out a new way of dealing with each other —as adult husband and mature wife— that their marriage could begin to work. The counselor in this case was Dr. Edward C. Peacock.

PAUL POPENOE, Sc.D.,
Founder and Chairman of the Board
American Institute of
Family Relations

Amy-Ann talks first

"I'm a total wreck after three months of living apart from Ken," said Amy-Ann, 30, a brown-eyed redhead with an athletic figure. Recently separated from her husband after a ten-year marriage, Amy-Ann spoke in a soft, thick Alabama drawl. "I feel as empty as I felt when my father died in an automobile crash when I was only nine years old.

"Kenny used to be darn near miserly, arguing that he needed to plow every extra dollar back into his business. But lately he's been squandering our assets. My lawyer hopes a divorce suit may bring Ken to his senses.

"Two years ago," Amy-Ann continued, "Ken bought a stereo-record shop next door to a big resort hotel, a shop originally owned by his dad. At that time my mother lent him $25,000. When Ken took over on the lease from his alcoholic father, he took a big chance—the shop was on the verge of bankruptcy. His dad has a serious drinking problem and, unlike Ken, no business ability whatsoever. Ken asked me to work at the shop and, although I wasn't real enthusiastic, I convinced myself that the toil and effort was worthwhile. Soon he opened a small downtown branch of the shop and put his dad in charge. That's when all our troubles began. Instead of drawing us closer, success seemed to push us apart. Ken ran back and forth between the two stores. He spent most of his time building up the downtown place and keeping his father sober—stranding me in the resort shop twenty miles away.

"Despite my hard work, Ken always spoke and acted like the business was *his* property instead of *our* property. I wasn't a partner, but I wasn't a wife, either. He treated me like a brainless, unfeeling object. He would praise the sales records of my three co-workers to the skies, then criticize the way I wrote out an order. I could feel my marriage falling apart, but I didn't know why or what to do about it. Our sexual relationship virtually disappeared, and when I asked Ken what was wrong he would invariably shrug and say, 'Nothing'."

Amy-Ann paused. "When I met Ken at a tennis tournament back home, it was love at first sight. I was a nineteen-year-old college sophomore and he was twenty-five and in the Army. I had a lot of boyfriends, but Kenny was a mature, serious man with a warm, shy smile that reminded me of my father.

"Six months later, I left behind my home, my kin, the familiar surroundings of my childhood to marry him. I climbed in Kenny's beat-up car and we drove to California—his native state.

"I was a virgin—bashful and timid about sex. My honeymoon would have been a catastrophe with anybody except Kenny. It turned out I was allergic to my birth control pills. But Ken took me in his arms, whispered he would be patient and that everything would be okay. Three nights later everything *was* okay. In fact everything was perfect—with one exception. I longed to have a child by Ken. But he said he needed to establish himself before we could afford to start a family. That time has never come.

"Meeting his parents came as a shock. Ken hadn't warned me that his parents drank. Both were roaring drunk the evening we arrived from Alabama; they screamed abuse at each other, at Ken, and at me. Ken decided it would be best for me to steer clear of his parents.

"For a long while I blamed our increasing alienation on exhaustion—my exhaustion, I mean. Kenny works twice as hard as I do, but he has twice the energy. Whenever he picked me up at night—I can't drive—all I wanted was to go straight home. Invariably he wanted to 'relax,' as he put it, in a bar or nightclub. Frequently we were accompanied by a married couple and a 19-year-old girl named Ina, who was introduced to me as their cousin. I didn't especially cotton to the married couple, an unattractive, middle-aged man with a young wife who wore see-through blouses, and from the first I distrusted Ina.

"According to Ken, all three were excellent customers of the downtown shop, and he insisted that entertaining them was good for his business. Ken started drinking too much every night, and I was terrified that he might turn into a lush like his dad.

"As we drifted farther apart, I was crazed with worry and fatigue. Kenny complained dreadfully when he had to drive me anywhere—he even complained at taking me to the supermarket. Yet time and again we drove miles tavern-hopping with Ina and the cousins.

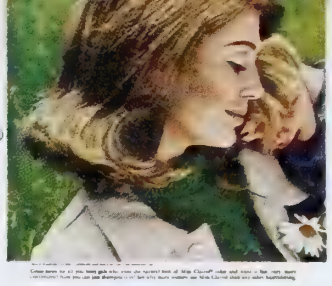
"Last April I discovered that Ina and the married couple were not, in fact, such special customers. Ina wasn't a customer at all—and she was nobody's cousin. Until a year ago she had worked as a topless dancer in a nightclub, but now she's employed as a full-time cashier in Ken's downtown shop. When I confronted him that evening, he swore there was some mistake, that I misunderstood. Ken finally admitted that Ina did occasionally pinchhit for the regular downtown cashier an hour or two a week.

"Our marriage collapsed on my thirtieth birthday. That morning he seemed almost his old self. He gave me two beautiful presents, and told me to spend the day resting up for a slam-bang party at the resort shop.

"Thrilled and excited, *(continued)*

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest marriage-counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations, and other minor details have been altered to conceal identities.

Does she... or doesn't she?®





Above: Grace Pelham in 1967. Below: Grace Pelham today. Her hair in beautiful condition, the color soft, young.

She still does!

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And now to the beauty of Miss Clairol® color, we've added extra wearability and conditioning. With all the haircoloring that's come and gone since we started it all, nothing has yet been invented to give you softer, more natural color than Miss Clairol. It's still the "haircolor so natural, only her hairdresser knows for sure."®

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Miss Clairol®
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To know you're the best you can be!™

974 Clairol Incorporated

THIS MARRIAGE

continued

I got dressed that afternoon and waited for him to pick me up. Eventually I called the shop and asked Ken when I should expect him. He hung up on me.

"Twenty minutes later Ken stormed in. He pushed me on the sofa when I tried to kiss him, hurled some of his clothes in a bag and roared off.

"I am almost certain Ken is sleeping with Ina," Amy-Ann concluded with a sudden sob. "If our divorce is granted I am terribly afraid he intends to marry that vulgar girl and ruin himself."

Ken's turn to talk

"I'm so confused and beat I hardly know what I'm doing," said 36-year-old Kenneth whose puffy, bloodshot blue eyes peered wearily from beneath his yellow hair. "I'm under crushing pressure and I can't think things through.

"Hurting people's feelings hurts me, but recently I'm doing it all the time. I left Amy-Ann on her thirtieth birthday—of all the days to choose! Strange as it seems, I planned the birthday to be a happy occasion. For a long while our relationship had been going sour, but regardless, I wanted her birthday to remain a happy memory. Well, I bought yellow roses to decorate the shop, bought champagne and a cake and got the guys to kick in with amusing little gifts.

As we awaited the guest of honor, the phone rang. It was Amy-Ann saying I had promised to fetch her to the party, 70 miles round trip. I know she'd said she'd arrange to come with a neighbor. At the sound of her sweet, helpless voice, something inside me snapped. I drove home, all right. Ignoring Amy-Ann's wails and pleas, I walked out and rented a small apartment down the block from the shop.

The first time I saw Amy-Ann on a tennis court one sunny Alabama morning, my heart actually stood still. She was stunningly beautiful, filled with vitality and health, unlike any girl I'd ever seen.

"I spent that Christmas with Amy-Ann's family, an evening of love and companionship. What a contrast to the smoky, boozy, noisy parties that were my parents' idea of recreation. The only exercise either of them ever took in my childhood was throwing the furniture at each other after an evening of drinking. I don't know if I was in love with Amy-Ann when we married—I don't know whether I have the capacity to love anybody—but I do know I felt an enormous sense of contentment at becoming a member of her family.

"Ever since I was a kid I have tried to be a good son. It's a rugged assignment. Two years or so ago I had the fool notion that Pop would be proud of the way *(continued on page 114)*

THE FRAME-UP

Instructions for frames pictured on pages 82 and 83

Slipcover for frame

The 14½" x 11½" oval frame is of molded plastic and has a brass ring at the top. The slipcover is made from two strips of 36" wide chintz, joined together and shirred on elastic cord run through casings stitched in the fabric. Any small patterned fabric of similar weight is suitable.

Cut two strips, 7½" or wider (cut to the pattern repeat), across the 36" width; join end to end, matching the pattern. Trim the seam, press flat, and, if necessary, trim to 7½". Turn a narrow hem at each end of the strip. On one long side, fold over ½", and turn under ⅛" of this allowance; machine stitch ¼" in from the folded edge to make a casing. On the other long side, fold over ⅞", turn under ⅛" and stitch down. Measure ¼" from this row of stitching toward the folded edge, and run a second row of stitching to make another casing and a ½" ruffle. Fold the strip in half lengthwise, right side of fabric up, and run two rows of stitching, one 1¼", the other 1½", in from the folded center of the strip, to create another ¼" casing and a 1¼" ruffle.

Run elastic cord through each of the casings. As you draw the elastic through, join its ends so it won't slip back into the casing. Slip the cover over the frame with the hemmed ends meeting at the top of the frame and the ½" wide ruffle to the front. Adjust each elastic cord so it hugs the frame, yet is loose enough to slip off when you want to remove the cover for laundering. Tie a velvet bow and baste it at the top of the frame.

Elephant hair bracelet frame

This aluminum metal section frame is banded with gold cord to resemble the metal versions of the popular elephant hair bracelet. Metal section frames are sold in stationery and art supply stores, and in shops that carry prints and reproductions of paintings. Sections, two of the same length to a package, are available in lengths of every inch from eight to forty; two packages of the lengths you need make a frame. The heavy gold cord is Hallmark gift tie.

Following the directions in the package, assemble the frame with the angles provided, but do not tighten the screws. Plan where you will place the bands of gold cord and mark their positions on the frame; bands should appear to be an equal distance apart. Multiply the number of bands by 2½"—the length of cord to go around the frame and turn under—and cut five strands of gold cord to this length. (Example: for the 14 bands on the frame we show, five 35" long strands of gold cord were needed.) On the sticky side of a length of masking tape, lay the strands of cord side by side to build a ¾" wide band. As you are ready to glue a band to the frame, cut off the necessary 2½".

Take the frame apart so you can work on it easily. Brush Mod Podge on each ¾" wide area where a band will be placed, and allow it to dry; be sure to coat the under edges where ends of bands will be turned, because the cord doesn't stick readily to the metal of the frame, and by following this procedure, it will adhere firmly.

Cut off a 2½" section of the band, a brush the surface with Mod Podge. C the portion of the frame where this ba will be placed with Mod Podge again, a allow both surfaces to become tacky, th position the band, tape side up, with su cient length at each end to turn over t thickness of the frame, and onto the verse side. Pull off the masking tape, a press the band firmly to the frame, holdi for a few seconds until the adhesive tak hold. Place the next band in the same wa When all bands have been placed and t glue has dried clear, trim any too-long en of cord from the reverse side; the secti of band that turns over the inside ed should cover only the depth of that edg and those on the outer edge should n interfere with the groove at the back of th frame. Use a cotton swab dipped in cleanin or lighter fluid to remove any dried gl from the frame, and wipe the areas clean dry with a tissue. Assemble the frame, i serting the matted print before placing th fourth side; screw angles tight.

Fabric covered frame

This frame is covered with a length o leopard patterned fabric found on a rem nant counter.

Iron the fabric smooth, remove glas and mat from the frame. Measure the fabri against the frame deciding on the bes placement of pattern which allows suff cient fabric on all sides to turn over th thickness of the frame. Mark the corner with straight pins.

Place the fabric on the table, wrong sid up. Brush adhesive (Sobo or Mod Podge on the front of the frame, and place it ad hesive side down on the fabric, using th pins as a guide to positioning. Turn it ove fabric and all, and smooth the fabric to th face of the frame.

Working from the back side, cut the fabric that covers the opening to within 1" of the inside edges. Slash the 1" allowance diagonally to each inside corner. Apply adhesive to the back of the frame along the inside edges, and when it becomes tacky, smooth the allowance over it.

If necessary, trim the allowance around the outside edges; there should be sufficient material to cover the thickness of the frame and glue to the back edges. Slash the allowance diagonally out from each outside corner of the frame. Apply adhesive to one long side and edge, and smooth the allowance over it. At each end there will be extra fabric, so apply a bit of adhesive at that end of the short sides, and fold this extra bit of fabric over onto each short side of the frame, clipping to make it lie smooth. Cover the second long side in the same manner. Apply adhesive to a short side, bringing it right out to the ends of that side over that small scrap of fabric you've glued down at each end. Fold under the excess allowance at each end of the short side so that fabric just fits; smooth the allowance over that side. Repeat on fourth side.

Insert the matted print in the frame.

Yarn covered frame

Single strands of yarn, laid side by side on a glue coated surface, cover this frame. We enlarged and copied striped grosgrain ribbon that was used to border the mat.

Purchase yarn in each of the colors that appear in the ribbon you are *(continued)*


Great Coverage
All Day makeup
by Coty.
And a great face
from London.
For this great face, Great Coverage All Day makeup.
Makeup that lasts and lasts.
Creamy smooth foundation with real coverage.
Perfect. And perfectly beautiful.
Wear with: Color Concentrate All Day Cream Blush, a nicely hushed touch of color.
Each one, waterproof.
With moisturizers and hydrolyzed protein conditioners.
And a loveliness that never fades before you do.
COTY
GREAT COVERAGE
The Coty Collection
of Great Faces.

THE FRAME-UP
continued

going to copy. All yarn should be the same quality and thickness. Make a sample enlargement of the stripe by cutting short lengths and laying them side by side on the sticky side of a strip of masking tape. Use this enlargement as a guide in placing repeats on the frame, and as you work, use it to measure by. Sometimes yarn is narrower in one section of the hank, and sometimes, too much tension applied in placing it on the frame makes a strand less thick. The width of the stripe should be the same even if you have to add extra strands. Plot out the repeats and mark them on the frame. If repeats don't exactly fit, adjust the pattern by eliminating one strand from each of the widest strips, or adding a strand or two; this won't be obvious. What is important is that the stripes are in exactly the same position on opposite side of frame.

Measure the distance around the frame—front, thickness on outside, thickness on inside, and ¼" at each end to turn and glue to the underside. Cut a supply of strands in each color. A quick way to cut a quantity is to wind a few feet on a strip of cardboard that is half as wide as the strands are to be, and with a pair of scissors, cut through the strands at one edge of the cardboard. Tie each color into a loose bunch, ready to pull out easily as needed.

Apply glue to two-or-so inches of frame and begin to lay the strands of yarn following the pattern you've worked out. When you've completed two inches, apply glue to the thickness of the frame and the back edges, and turn the ends of the strands over onto the back, holding them in place until they adhere. Continue in this way, covering two inches at a time. When all sides have been covered, work on the corners.

If your frame is of molded plastic and there is no diagonal line or seam at the corners, draw one in. Cut a few strands of yarn twice the length of those you've been working with and of the proper color to continue the pattern repeat. Fold one of these lengths in half to find the center, and place that center on the diagonal line at the inside corner of the frame. Place one of its ends alongside the last laid strand on a short side of the frame, and the other end alongside the last laid strand on a long side of the frame. Continue laying strands in this V formation, changing the color of the strands in order to repeat the pattern. This will create a mitered effect. When the corner has been covered with strands of yarn, glue the ends to the thickness and reverse side of the frame. Complete each corner in this way.

When adhesive has dried thoroughly (it will be clear), trim away uneven ends. The turn under at the inside edge may be too long; trim it even with depth of groove.

Place the matted print (we used a Vera printed place mat) in the frame.

Découpage frame

Three sizes of already cut gold stars were used to decorate this frame. You will need a can of spray paint (we used Illinois Bronze Accent Designer Spray in 037 eastern star blue), and 1 box each of small, medium and large gold stars.

Spray the frame and allow it to dry. Moisten the back of stars and place them on the frame. We used a galaxy-like arrangement at upper right and lower left corners. Spray the frame with lacquer.

Frame the print, then add a few stars. We found that the glue on the stars did not adhere to the surface of the print, so used a Pritt glue stick to make them adhere.

Stenciled frame

This frame was sprayed a grape color, then stenciled in a leaf and vine pattern. We used a felt tipped marker to cover the gold stencil and to give a green tone to the leaves and vine. Bunches of grapes are made of Avery self-adhesive coding dots purchased at a local stationery store. In addition to the spray paint (Illinois Bronze Accent Designer Spray in 038 deep purple) and the ¼" diameter gold and silver coding dots, you will need tracing paper, a stencil brush, a manila file folder, single edge razor blades, gold paint (Rich Art gold tempera), masking tape and a green felt marker with a medium tip.

Spray the entire frame and while it is drying, cut your stencil. Trace the leaf and vine pattern below, and transfer it to a strip cut from the manila folder. We cut a strip the full width of the folder and ¼" wider, allowing an additional ⅛" top and bottom. We repeated the motif as many times as possible across the strip. When you've transferred the pattern to the manila, cut out the leaves and vine with a sharp single edge razor blade working on a hard surface. Take care not to cut out the bridges left in the vine for they hold the stencil together.

Try the stencil on the frame, planning how you will place the repeats. Do not stencil vine or leaves at the corners. Add those after you've stenciled the sides of the frame. You will have to adjust the stencil—perhaps make the vine a little longer at one or two points—to fit the frame, and this is best done at the corners. We stenciled just one leaf in each corner, and when we were filling in the bridges by hand, we painted in a vine to connect these corner leaves.

To stencil the pattern, tape the stencil in place on the frame. Stir your bottle of gold paint thoroughly and dip your stencil brush into the paint. Dab the brush on a paper towel if it is too full of paint (you might want to try the stencil first on a piece of cardboard to get the feel, and also to try out the technique), then apply it to the openings in the stencil, using a dabbing motion. Lift the stencil straight up, wipe the paint from both sides, and move the stencil to continue the pattern. When all sides are stenciled, place the stencil so that you can paint in a leaf at each corner. With a small paint brush, fill in breaks in the vine, and paint in vine to connect the corner leaves. When the gold has dried, use the green marker to go over the gold, filling in all but the rims of the leaves, and touching the vines with green, too. Add bunches of grapes by placing dots in bunches. Spray lacquer on the frame.

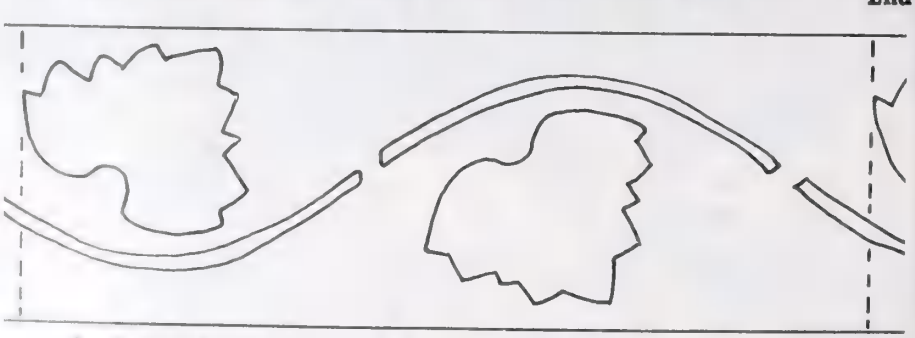
Matting prints

Some of the things you might frame do not require a mat. Be guided by how they look best. For example, the polychrome angel print in the découpage frame looked better without a mat; so do most samplers and needlework pictures. A print usually looks better with a mat, and is enhanced by a colored mat. Art supply stores sell mat board by the sheet, so cut your own. Round or oval mats are difficult to cut, so have them done professionally.

Cut mat board to fit the routed out area at the back of the frame. Decide how wide the mat should be at top, bottom and sides. If you're in doubt, place strips of paper frame fashion on the print, and move them in and out to decide upon a pleasing size. Measure the width of the print that shows between the strips; deduct this from the width of the overall mat, and divide by two to find out how wide the mat should be on each side. Determine the top and bottom widths in the same way, but keep in mind the width at the top should be as wide or wider than the sides, and the width at the bottom should be greater than the top, for if it is the same, it will appear to be narrower when the print is framed.

Measure in the proper distance on all edges, and on the right side of the mat, make faint pencil marks to guide you. Using a steel edged ruler to guide your blade, cut the entire length of each side exerting firm and even pressure on your mat knife or single-edge razor blade. Press the center out from the wrong side; if it clings at the corners, cut toward the corner following the angle of the slash you've already made. Use an art gum eraser to remove any faint pencil marks that show.

To cover a mat with wallpaper or fabric (as we covered with grass cloth wallpaper the mat for the Jaguar, and with suede cloth the mat for the Impala), cut the material slightly larger than the overall size of the mat. Brush the front of the mat with adhesive (use rubber cement for thin papers), and place the material on the glue spread surface. Smooth it over the mat with your hands and allow to dry. Trim the material even with the outside edges of the mat. Cut the material from the center of the mat to within ¾" of the inside edges. Slash this allowance diagonally out from each inside corner, and glue the allowance to the reverse side of the mat. **End**



Leaf and vine pattern for stencil. Area between dotted lines is one full repeat.



FOR MORE OF A WOMAN

Leave it to you and Rena Rowan of JONES NEW YORK to turn a simple T-shirt into a million-dollar-look. It figures. Everything about you says, "I've got style." Right on down to your Salem Premium Lengths.

MORE OF A SALEM

Salem Premium Lengths. Designed a little longer to refresh a little longer.

Extra Length



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

19 mg. "tar", 1.3 mg. nicotine av. per cigarette, FTC Report OCT. '74.



WHAT'S HAPPENING

continued from page 17

ing in the first place. *Preventive Maintenance for Your House or Apartment* by Hubbard Cobb (Random House) tips you off to pre-break symptoms. How long should you expect a washing machine to last? How can you help it last longer? This volume provides check lists so you can check everything before it needs time-and-money-consuming repairs. . . .

Tackle your car

Once you've got your house in shape (wasn't that easy?) you'll want to go out to the driveway and check your car. Do you lose your bearings when you think about going to the service station? Remedy: *The Feminine Fix-It Auto Handbook* by Kay B. Ward (Grosset & Dunlap), profusely illustrated, with easy-to-understand drawings that give you point-by-point danger signals and what to do about them. Let's say you turn the ignition key and nothing happens. Don't panic. This book will tell you seven places to look *before* you call the tow truck. . . . *What Every Woman Should Know About Her Car* by Dorothy Jackson (Chilton) includes a consciousness-raising chapter called "Watch Out for the Rip-Off," designed to get honest treatment when you *must* de[illegible] repairman. And *if* you must get a repairman, how do you know he's Mr. Right? In *How To Get Good and Honest Auto Service* (Warner Paperbacks), Albert Lee steers you in the proper direction. There are even price lists to tell you what repairs should cost in various parts of the country. . . . Is your bike on the fritz? (Fourteen million Americans bought bikes last year.) If so, *All About Bikes and Bicycling* by Max Alth (Hawthorne) is good to have around, so if a chain of events causes a brakedown, you'll know how to handle things. I have spoke. . . . If you still have time for hobbies after all of that fixing, take a look at *Kitchen Crafts* by Linda and John Cross (Macmillan), filled with imaginative ideas for turning your kitchen into an artist's studio by using common household ingredients. Be the first woman on your block to print with pasta. Paste seashell macaroni onto cork, press onto a stamp pad and make designs. Or string macaroni into a child's necklace. Or, if pasta seems passé, make ornaments from cutting soda pop cans. Or sculpt with bread. . . . Rather do needlepoint? *The New York Times Book of Needlepoint* by Elaine Slater (Quadrangle) is unique because it's for left-handers and should finally solve the lefty's problem of trying to read needlepoint directions upside down. Ultimately every rug hooker and quilt stuffer has no room for even one more masterpiece. That's when it's ti[illegible] to peddle your pasta and market yo[illegible] macrame. William E. Garrison tells y[illegible] how to price your products, and how a[illegible] where to sell them—from flea markets charity bazaars to mail order hous[illegible] His book is *Selling Your Handicra[illegible]* (Chilton). So: Check your book sto[illegible] Visit your library. Don't just sit the[illegible] How-*to* something. **Er[illegible]**

HOME IS A HAND

By Julia Savarese

My son flies courage like a silver kite.
His golden, spilling laughter stains
the day.
His world holds not a wrong I cannot
right.
I am his refuge and his sesame.

He stops before the road where bright
cars leap,
As once he tottered on the step unknown
He pauses, breathless, on the brink of slee[illegible]
Knowing it better not to "cross alone."

Always, before whatever dark incline,
He stops: he waits for me, my wind-
limbed waif.
He smiles. With trust he slips his hand
in mine.
And I am safe.

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BEAUTY JOURNAL

Exercise of the Month

Q. *I've suddenly noticed that my bottom is really spreading. Is there an exercise that will help?*
—K.K., Wausau, Wisconsin

A. Start jogging or join a regular exercise class for overall fitness. For specific help for hips and derrière, try the exercise we've illustrated. Step 1 (not illustrated): Start on hands and knees. Draw left knee forward to the chest and kick up and back with knee straight. (Repeat six times with each leg,)
Step 2 (See illus.): Lift left knee to the side, close to the shoulder.



TO HELP THE SPREADS

Keeping leg high, straighten the knee and extend to side (four times on each side).

A GIFT TO THE HEART

We're always hearing about gifts given *from* the heart; here's one great gift we think you should give TO your heart. It's a readable, thorough and factual booklet written by a doctor who specializes in exercise therapy—for the normal person and for the post-heart-attack patient as well. *Beyond Diet: Exercise Your Way to Fitness and Heart Health* by Dr. Lenore R. Zohman helps you select exercises that specifically promote heart health—as well as general fitness exercises for all parts of the body. To order, request the Mazola Corn Oil Exercise Booklet, Box 307 LH, Coventry, Conn. 06238.

FOR THICKER HAIR

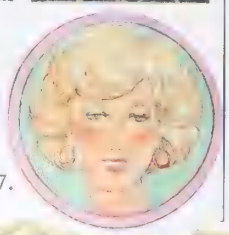
Is there a vitamin that thickens hair? Yes, say researchers at Hoffman-La Roche, there is—it's called panthenol, a form of vitamin B5, which is applied externally to hair. Cosmetic chemist Dr. Douglas Schmidt claims that "unlike other hair care ingredients that simply form a coating around hair shafts, panthenol dissolves in water and penetrates the hair." When we asked for some panthenol we found it only as an ingredient added to hair-care products. If you're interested, read labels. (Shampoos that contain panthenol are Aramis 900, Azuree—single application, Pantene and Bonne Bell.)

CHANGE FOR THE BETTER



Q. *I'm six feet tall with thick, frizzie, curly hair. Being so tall, I'm afraid to cut my hair and look like a boy. Any suggestions?—D.L., Omaha, Neb.*

A. Why not cash in on your thick curly hair? We'd like to see you with a style that has more line than your present shoulder-length hair. There's nothing boyish about the hairstyle we've sketched for you—and it's a cut that could be adapted to your own natural waves and curls. Make sure you have fullness at the top and sides. Also, you'd find soft bangs brushed to one side extremely flattering. For still more on short hair styles, see "5 Short Cuts to a New Look" on pages 85-87.



Drawings by Thea Kliros.

BEAUTY COUNTER SPECIALS

Here are three special beauty treats for May, special either for economy or usefulness. BEAUTY BARGAIN: We think that Yves St. Laurent has come up with a good buy (recommended for Mother's Day): Rive Gauche Spray Cologne (2 oz.) paired with Shaker Dusting Powder (3.5 oz.) for $7.50. Lots of chic for the money. NOW YOU CAN DO IT BETTER. If you've ever struggled with a gooey wand of mascara—and the mascara won—you might like Germaine Monteil's new Lash Color I. It's *very* waterproof, comes in a tube with a *separate* small spiral brush. NOW YOU CAN DO IT YOURSELF. Hair-painting has been a salon specialty since it was introduced. Now *you* can play sunshine at home with Clairol's new hair-painting kit called *Quiet Touch*. A willing assistant tried it out and found the process easy. Our own recommendations: (1) Do no more than 30 hairs at a time; (2) Looks best on waves or curls rather than dead-straight hair; (3) Before "painting" your hair, find out where the light hits . . . since that's where you'll paint.

AMERICAN BEAUTY AIDS
The Cotton Swab

Cotton swabs are one of the things we'd hate to try getting along without. Among their many uses, we've found them indispensable to help perform beauty tricks for eyelashes. For example:

- Luxury lashes: Dip a swab in talcum and gently powder your lashes before applying mascara (be sure to close eyes and apply powder before makeup base).
- Mascara mistakes: Dab away those infuriating smudges with a swab dipped in a bit of cleanser.
- Perfect lower lashes: slip a swab under lower lash and *then* apply mascara. Excess soaks into swab.
- False lashes: use a swab as a precision tool to press lash strips at the base of your own lashes.

Border by Garie Blackwell.

The Science of Beauty:

Helena Rubinstein has utilized the natural adsorbing ability of clay to create another breakthrough: Fresh Cover Cleanser. It lets even city-clogged skin breathe.

Fresh Cover Cleanser does more than remove the dirt you see. It adsorbs dirt you don't see. This unique lotion cleanser is the first to use the natural adsorbing ability of clay to gently lift away makeup, city grime and excess oil that clog your pores. Just massage it on. Rinse it off. Your reward: skin that's deeply refreshed, sparkling clean. Skin that can breathe freely again. It's a smooth start for Fresh Cover Makeup, Powder and Blush. They're all formulated by Helena Rubinstein research to let your skin breathe.



Fresh Cover
Helena Rubinstein

© HELENA RUBINSTEIN, INC 1975

Fashions by Robert Mackintosh

THE WORKING WOMAN

By Letty Cottin Pogrebin

Why ask for a raise when the economy is ailing and unemployment is over eight percent? Because today it's particularly vital to fight for what you're worth.

Yes, given today's bad economy it's tougher than ever to get a pay raise; even if you deserve one. Harder, but not impossible, if you know how to go about it—which I hope to show in this column. Sure, it's important to be realistic—yet even in this slumping economy *somebody* is making money; it might as well be you. Many top managers are still getting raises on top of their $50,000 to $400,000 salaries. Unions still include hefty increases in their contracts. Companies aren't expected to cut profits voluntarily. Why should the rest of us sacrifice our meager gains?

Small wage earners (especially women) tend to be team players; we sympathize too easily. For instance, let's say you decide to forgo a raise now because the company's in trouble. Ask yourself: "Am I to blame for the company's poor profits or management inefficiency?" If not, why should you pay for it?

Before giving up on a raise, please realize that your current wage depreciates as the cost of living rises. If you get no raise you're actually taking a cut in real purchasing power.

"Don't be victimized by the recession!" says career consultant, Janice LaRouche. "In a competitive society, every time you win you take from someone else. But no powerless woman can assume the burden of this economic system. She shouldn't join the deprived; she should increase her status and get the power to *help* the deprived!"

HOW DO YOU PLEAD: POVERTY OR MERIT?

Okay. You've decided to ask for a raise. Should you justify it on the basis of financial need? Or should you show why you *deserve* it. The experts differ. An article in *Money* magazine contends that you must focus on why your company should want to give you a raise, rather than why you need the money: "Pleas of poverty only make most employers uncomfortable."

Most feminist job consultants disagree. They point out that men have always commiserated like buddies and granted each other raises to pay mortgages, bills for the kids' schooling, etc." Now women must tell employers their woes: that they are often sole support of children, that they have hospital bills, their husbands get laid off, two incomes barely meet their needs. Publicizing women's economic reality is important both to win fair wages and to destroy the myth that women work for fun. Combine your needs with your achievements to give a full picture of your raise requirements. Don't beg; and *do* emphasize the positive.

HOW DO YOU PROVE YOUR WORTH?

(1) Keep track of what you've done. Routine tasks as well as extraordinary successes should be entered on your daily calendar—or in a separate "work log." Save copies of memos, progress reports, minutes of productive meetings, anything that proves what you've done. Keeping an ongoing record of your job accomplishments provides solid evidence when you ask for a raise. It also serves as an instant résumé for your next job hunt.

(2) Analyze how you've become more valuable to the company. No one rewards those who vaguely hint at what *they* could do to improve things. Have you saved the company money, cut costs, instituted new procedures, increased efficiency, taken on extra responsibilities, consolidated two departments, found a cheaper supplier?

(3) Be realistic about your role. Don't diminish your value by deprecating what you do. In your eyes you may be "just a secretary," but your boss probably can't imagine life without you.

(4) Check your situation against company policy and practice. Do most people get raises after six months even though salaries are supposed to be reviewed once a year? Are there increments for employees who take outside courses or college credits? Will the company reimburse you for extra training? Is there a ceiling on salaries for each job category? Be informed before you ask for something that may be coming to you, or that may be out of reach.

(5) Explore the "Management by Objectives" plan. Here your boss sets goals and criteria for your job performance and you're guaranteed a raise if you meet them. "This plan tells employees what they're worth to the company, establishes accountability and identifies what matters most to management," explains job counselor Kath Wakefield. "For instance, a sales manager learned that the sales conference which occupies one month of her year is actually counted as not 1/12th, but *half*, of the company's evaluation of her work. A successful conference meant a big raise."

HOW MUCH SHOULD YOU ASK FOR?

(1) Learn the going rate in your company. Ask friends, ex-employees, the payroll clerk; do anything legitimate to find the wages at your level and beyond. A $1,000 raise may thrill you, but not if others at your level get more.

(2) Learn the going rate on the outside. Read the classified ads, check employment agency listings, look into salary surveys of your professional or trade organization. Employers often don't realize the dollar value of a worker until she or he must be replaced. Show your boss that if you left the company you would have to be replaced with a beginner who would command more money at entry level than you are earning after years of on-the-job experience. If you're refused a raise, maybe you should look for another job.

(3) Consider geographical variations. A secretary will earn more in Los Angeles than in Davenport, Iowa, so secretaries can't compare notes across the map. But if you're a top executive, the nationwide mobility between companies assures a more uniform salary scale—and you can expect pay comparable to your counterparts in other cities.

(4) Consider industry-related variations. A big-time administrator is apt to earn more in banking than in a university. Balance your expectations against these real differences.

(5) Think about compromise. Will a new title, more fringe benefits, partial ownership, or a larger expense account satisfy you as much as a salary increase?

STRATEGY AND PERSONAL STYLE

I know a lawyer who pulled out all the stops in seeking a raise. She canvassed the salaries of friends who graduated with her and who work in the same legal specialty; she checked what the senior lawyers in her firm had been making when they were at her career stage; she brought in salary references clipped from law journals, law school bulletins and classified ads; she added up the fees paid to her firm by clients she handled exclusively; and she furnished proof that she's received better job offers. She won a $3,000 raise and partnership in the firm.

That worked for her. Others say it's a mistake to make comparisons because bosses get defensive when made to feel cheap or unfair. Do what feels right for you and your boss. Here are a few general do's and don'ts: *(continued)*

I never thought I'd have a boss I'd go blonde with.



In spite of my feelings about Women's Lib and all that, frankly, I wasn't too happy about having a woman boss. But...well...when I finally came up for air, I realized that I'd done more and learned more about buying sportswear in three months with the Dragon Lady than I had in three years with sweet, easy-going Mr. T.

Then, one day, in the Ladies Room, I ran into her, pulling out a gray hair. She smiled sheepishly and told me how pleased she was with my work, especially my idea for a Mix Match Bar.

After that, we talked. Like girl friends. And I found out she was as jealous of the blonde fashion models as I was. And, like me, she'd been thinking of going blonde. Well, why not?

Naturally, we did it the professional two-step way—with Lady Clairol® Hair Lightener. First, we applied the Lady Clairol to lift out the darkness. It cleared the way. So when we put on the Clairol toners, we got the soft shades we wanted. Working as a team, it was a snap.



Doris (ex-Dragon Lady) is now a smoky blonde. And, you know what? She's not so eager to work late any more. Which makes me happy. Because now that I'm a sunny blonde, there just aren't enough nights in the week...

P.S. Doris used Lady Clairol's Maxi Blonde—because her dark hair needed more lightening.

Lady Clairol: You do it for her. She'll do it for you.

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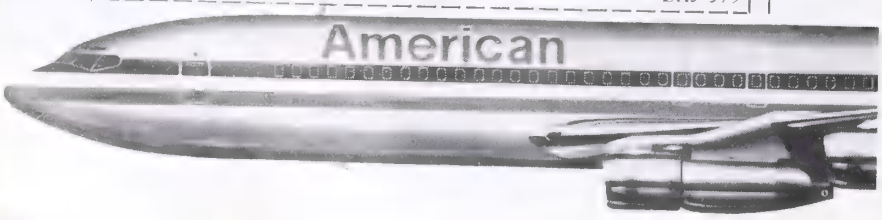
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LHJ-575



WORKING WOMAN
continued

(1) Be confident but not arrogant about your value. "Feminine modesty" is worth zero at raise time.

(2) Be factual and calm, not emotional. Speech assertiveness expert Ko Kimmel, president of Women's Training and Resources Corporation, says: "Prepare for confrontation in a supportive environment. Ask your husband, friends or women's group to role-play the situation. Rehearse your reactions to the boss' hostility, anger, ridicule or rejection. Go through the motions so many times that nothing in the real confrontation could ever faze you."

(3) Ask for your raise formally. Bosses resent being taken advantage of in a relaxed situation, such as at a company picnic or a cocktail party. Ask for a private meeting, put yourself on the boss' appointment calendar, or leave a note on his or her desk. It's only fair to let the boss prepare, too.

(4) Ask when you're feeling positive about yourself, not after a fight with the kids or a bad night balancing the checkbook.

(5) Ask when your boss is relatively calm, or flush with a business triumph —not after a company disaster.

WHAT IF YOUR REQUEST IS REJECTED?

Unless your *work* is damned, don't take the raise rejection personally. And don't wait until you hear the word "No" before deciding what you'll do next. Either you quit or you swallow the rebuff and stay put. Quitting makes sense if:

(1) The job is so dull and the pay so deplorable you'd prefer the risks of unemployment to the everyday grief.

(2) You and others are not dependent on your salary. Job counselor Eli Djeddah found that when the unemployment rate is six percent, it takes about 30 interviews for an executive to find a new job. It's even worse now. You must be able to afford to job hunt for a long time; live on your savings; or live on someone else's income.

(3) You have a job offer that is as appealing as your present job, so you'll lose nothing by quitting.

Suppose you're turned down for a raise but you like your job or can't afford to quit. How to save face? Ms. Kimmel suggests a few graceful lines:

"I'm sorry you don't see things my way. I hope you'll watch my work and reconsider my request in the next few months." Or "I can understand why the company must tighten its belt now. When things improve I'm sure you'll remember my request."

Memorize these lines, but don't be surprised if you never have to speak them. Those who ask and deserve, usually get. **End**



What can you say about the embroidered, full-color, 100% combed cotton, washable Virginia Slims "Ginny Jersey" that looks tremendous wherever it goes and comes in red or white and costs only six dollars plus two pack bottoms?

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Total Shirts		

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

RALPH NADER REPORTS:

Millions take aptitude tests to get into college or win jobs. But who examines the people who draw up these tests? Nobody, says this consumerist, and that's the problem.

Each year over four million Americans take "aptitude," "achievement" and "proficiency" tests. They include 1.8 million high-school students who take the College Board exam required by most colleges for admission; 500,000 students seeking admission to graduate schools, law schools and business schools; and people seeking certification or placement in more than 20 different occupations and professions—teachers, architects, auto mechanics, CIA agents, medical technicians and policemen. Their performance on these tests will determine, largely or in significant part, the schools they will attend and the professions they will enter.

These millions of test-takers are the customers of the Educational Testing Service (ETS), a private, nonprofit corporation located near Princeton, N.J. ETS dominates the testing market—a market it largely created and is constantly seeking to expand. As one ETS official joked: "[ETS has] tests for everything except admission to heaven."

Until recently, ETS rested comfortably behind an image of infallibility. For a generation, test-takers have accepted their ETS scores as "objective" measures of their ability—indeed, often of their self-worth. Now that illusion is fading under mounting scrutiny of the tests and the test-makers.

What do the tests measure?

A major criticism is the extremely narrow basis on which the tests measure "aptitude." ETS itself says its tests are designed merely to predict a student's performance during the first year of college or law school or wherever the test-taker is trying to go—a considerably more modest goal than most people assume. Test scores also correlate directly with students' racial and economic backgrounds, with most nonwhites and poor students scoring lower than white students from higher income families. The possibility that tests are biased, as many critics charge, means people may be denied advancement less on the grounds of individual merit than on whether they have acquired the values and skills of "mainstream" America.

Other qualities, such as imagination, stamina or creativity, are not measured. In fact, imagination and creativity may be handicaps to performing well. More important, reliance on tests in effect leads to serious disregard of those qualities which human experience and progress show to be highly important, even critical. The same overreliance on these tests as admission tickets also leads to disregard of such qualities as compassion, empathy and humane values. Such a narrow-gauged test with a broad-gauged control over who goes where in our educational and licensing system further induces the curriculum to be shaped in its own image. It also serves to place nontested values and traits low on the priority scale.

The limited scope of the tests, the serious issue of cultural bias, plus such variables as familiarity with test format, self-confidence and luck, are rarely reflected in the way ETS tests are promoted and used. Instead of recognizing the limited significance of standardized tests and seeking additional ways of selecting students, schools invoke administrative convenience as justification for using literal interpretations of test scores as deciding factors in admission. For example, although ETS says the range of accuracy on the Scholastic Aptitude Test (SAT) is 30 points above and below the actual score—which means that a 60-point difference is statistically insignificant—admissions officers have admitted that such a difference would be a major factor in deciding between two applicants.

ETS president William Turnbull likes to say that charging the tests with bias against minority and poor students is like criticizing the bathroom scales because some people are fat and others don't get enough to eat. ETS insists that overreliance on scores is caused by misuse of the tests, for which it is not responsible.

Internal ETS staff memos, however, have recommended that the company broaden the base of its tests and take more responsibility for the use and abuse of test scores. One report cautioned that for ETS to continue the restricted domain of abilities currently used in ETS mass testing programs "would be to invite ethical as well as economic disaster." An ETS staff study of minority and poverty group needs cited a moral obligation to monitor test use and called for an examination of "the logic of [ETS's] continued willingness to participate in such immoral use of tests." The latter recommendation came after it was revealed that some states and school districts were using the scores from the ETS National Teacher Exams as an excuse to fire or deny raises to black teachers. In one blatant case, ETS did finally refuse to report scores to the offending authorities. But this is the sole known example of ETS taking decisive corrective action to insure the proper use of the tests it sells.

There is little to compel ETS to respond to criticism. It is not regulated by any public or government body. It is not accountable to its customers (the test-takers) or to the public for the quality of its tests, for the way they are used or for the way it spends the profits from its revenues of more than $50 million a year.

Scores vs. performance

In some cases, institutions have critically appraised the impact of their participation in the testing network. Bowdoin College, for example, eliminated the College Board admission requirement when it found, among other things, a low correlation between SAT scores of entering freshmen and students who graduated four years later with high honors. Bowdoin associate director of admissions Richard Boyden says, "We can point to some real superstars we have picked up—people who are right by performance but wrong by numbers."

In effect, ETS has created a new kind of power: the power to define and quantify individual worth on a massive scale, and to see its verdicts accepted by society and the individual. It wields a largely unacknowledged and unchecked social power which more and more Americans may be forced to confront in the coming years. The sheer power of such a private organization invites an urgent need for consumer scrutiny.

Some critics advocate antitrust action to break up the ETS monopoly; others say that it should be regulated by a public agency. But the real impetus for change will have to come from the test-takers themselves. Individual citizens who have their own lives, or those of their family and friends, shaped by the power of ETS must call to account the testers and the institutions that support them. Ask your school, employer or professional group to justify and fully explain how the use of these tests serves their professed ends and affects you.

You may wish to convey your views about the role of ETS to the Federal Trade Commission, Washington, D.C. 20580. Our Educational Testing Study Group is conducting an inquiry into its operations and welcomes comments. Write to ETSG, c/o New Jersey Public Interest Research Group, 32 West Lafayette St., Trenton, N.J. 08608. **End**

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LADIES' HOME JOURNAL

WOMEN OF THE YEAR 1975

For the third year in a row, it is time to honor a special breed of heroine: American women who, through their own achievements, inspire other women to new heights. On the next two pages of this issue, you will meet the eight women who have been selected as recipients of the third annual LADIES' HOME JOURNAL Women of the Year awards. On the night of April 19th, from New York City, these leaders and doers will be presented to a nationwide audience on a ninety-minute CBS network special sponsored by Procter & Gamble, with Florence Henderson as hostess, and a sparkling list of presenters, performers and celebrity spectators.

These impressive award-winners represent themselves—but they also serve as surrogates for countless other women who are making contributions, known and unknown, to our society. They come from many backgrounds and are involved with many disciplines. But all are women. And that, as we point out each year, is the point. That is the significance. That is the glory.

Women of the Year, 1975, were selected by a process representing both popular and specialized opinion. In its February, 1975, issue, the JOURNAL asked readers to check the names of candidates (submitted from many sources, including our own editors) or to submit their own candidates in eight different categories. Thousands of ballots came in and were audited by an outside research organization. At the end of February, a distinguished jury of women leaders, also representing many viewpoints, reviewed the top reader selections and finally narrowed them down to the eight Women of the Year for 1975, as presented on the following pages.

In addition, it was decided to make a presentation on the April 19th TV show in honor of International Women's Year. This will be covered in future issues of the JOURNAL.

We believe that these LHJ honors have become a unique part of the contemporary scene, and make an important statement about women in the nation and throughout the world. The eight achievers on the next page are each serving, in her own way, to prove that the skills and talents of women are a major force. Even to women who serve in smaller spheres—or who express their personal contributions in the creation of a home and the nurturing of a family—their example cannot help but be meaningful.

Congratulations to the Women of the Year, 1975 . . . and to all women everywhere in International Women's Year. And congratulations to you, our readers, for your own role in this venture.

The jury for the 1975 Women of the Year: Mrs. Catherine East—Citizens Advisory Committee, Status of Women; Margaret Truman Daniel; Helen DeRosis, M.D.—psychiatrist, author; Sister Ann Ida Gannon—President, Mundelein College; Martha W. Griffiths—former congresswoman, lawyer; Dorothy I. Height—President, National Council of Negro Women; Margaret Hickey—JOURNAL Public Affairs Editor, Chairperson; Kathy Kelly—President, National Student Association; Frances Kolb—NOW representative; Eleanor Lambert—fashion authority; Mrs. John L. Loeb—New York City Commissioner for the U.N.; Mrs. Carroll E. Miller—President, General Federation of Women's Clubs; Dr. Dixy Lee Ray—scientist; Margot Sherman—Women in Communications, Inc.; Ellen Straus—Founder, Call for Action; Margaret B. Young—Chairman, Whitney M. Young, Jr. Memorial Foundation.

LADIES' HOME JOURNAL

WOMEN OF THE YEAR, 1975



QUALITY OF LIFE
Lady Bird Johnson

What enhances the quality of life more than our environment? And Lady Bird Johnson continues her persistent and successful efforts in this field—in her home state of Texas and nationally. Her contagious energy is now being put into a memorial to President Johnson—a 15-acre pine grove overlooking Washington. Mrs. Johnson's interest and work in conservation, preservation of natural and historical sites, and simple beautification along our highways and in our cities, has demonstrated what *can* be done and has helped to awaken Americans to their surroundings. Her book, *A White House Diary*, drew praise, and her televised tour of the White House won an Emmy Award.



CREATIVE ARTS
Lillian Hellman

Lillian Hellman, playwright and author, has embodied woman's potential as an artist since the production of her first play, *The Children's Hour*, in 1934. That was followed by such notable, prize-winning dramas as *The Little Foxes*, *Watch on the Rhine*, and *Toys in the Attic*. Her first memoir, *An Unfinished Woman*, won the National Book Award in 1969; the second volumn, *Pentimento*, received universal critical and popular acclaim. Born in New Orleans, La., she now lives in New York City and Martha's Vineyard, Mass. Lillian Hellman's writing has not only entertained and stirred audiences for more than a generation, but has also reflected her own integrity and courage.



EDUCATION
Joan Ganz Cooney

The creator of *Sesame Street*, Joan Ganz Cooney has truly revolutionized television for children. The repercussions of her conviction—that television should be used to educate pre-school children—have been felt throughout the industry and in millions of homes throughout the country. As president of the Children's Television Workshop, Mrs. Cooney has launched *The Electric Company*, is now starting a series on health and is planning a weekly show on history for next fall. Mrs. Cooney holds several honorary degrees, serves on many boards and public service committees and recently became the first woman director of the Xerox Corporation.



HUMANITARIAN & COMMUNITY SERVICE
LaRue C. Diaforli

As president of the Town North Business and Professional Women's Club in Dallas, LaRue Diaforli administers a club project that has salvaged the lives of women returning from prison. The project, called "Fresh Start," has provided just that for at least 65 women in the last two years. Working with the State Parole Office and the Texas Department of Corrections, the club has established a clothing bank, helped find housing, free medical and dental care, counseling and jobs for women newly released from prison. Club members describe the project as "women helping women," and word of their remarkable success is becoming an inspiration to other groups across the country.

For the third year, our program of special honors in many fields rovides encouragement and inspiration for all women, everywhere!



BUSINESS & ECONOMICS
Sylvia Porter

urnal columnist Sylvia Porter's latest contribution improving the financial climate for Americans was r concept of a voluntary citizens' movement to aid the battle for economic stability. President Ford lopted her proposal and appointed her Chairperson the President's non-partisan Citizens' Action Comittee. Since her first award for the best financial and siness reporting of 1942, she has received countless nors for financial reporting. Her syndicated columns d her books have enlightened administrators and vernment officials, corporation presidents and, perps most meaningful, have guided American families d individuals in the prudent use of money.



POLITICAL LIFE
Barbara Jordan

When Texas lawyer Barbara Jordan of Houston went to the House of Representatives in 1972, she became the first black Congresswoman from the Deep South. She had been the first black woman in the Texas Senate, where she was named outstanding first-term Senator, and was later elected Senate president pro tem. A firm believer (and deft practitioner) in effecting change through the political system, Rep. Jordan has been a forceful advocate in economic areas such as minimum wages and fair employment. Cited for her exemplary conduct during last year's televised House Judiciary Committee's impeachment hearings, she was recently named "Democratic Woman of the Year."



COMMUNICATIONS
Helen Thomas

hief of United Press International's White House reau, Helen Thomas is the first woman wire service porter to serve in that capacity. A Washington corspondent since 1942, Ms. Thomas began covering the hite House in 1960. She has been responsible for reorting the major (and often very personal) events uring the terms of Presidents Kennedy, Johnson and ixon. She has traveled worldwide with Presidents and companied President Nixon on his historic trip to hina in 1972. The highlight of her 1974 work was exclusive, year-end interview with President Ford. e recently became the first woman president of the hite House correspondents' association.



GOVERNMENT & DIPLOMACY
Major General Jeanne M. Holm

Jeanne Holm, the first woman in the armed forces to hold the rank of major general, directs the Personnel Council for the Secretary of the Air Force. Gen. Holm enlisted in 1942, commanded a training regiment during World War II, and served as a War Plans Officer in Germany during the Berlin airlift. As Director of Women in the Air Force, she doubled the number of women in that branch of service and expanded their opportunities. Gen. Holm has been awarded the Legion of Merit and the Distinguished Service Medal. She serves on several boards, including the Camp Fire Girls. Before entering service, Gen. Holm was a professional silversmith. She skippers her own power boat.

YOUR QUESTIONS ANSWERED

By Theodore I. Rubin, M.D.

Friends are important—without them our lives would be incomplete. Here are 12 reasons why some people are able to make and keep friends while others can't.

Forming friendships—and maintaining them—can be the most satisfying *and* the most frustrating of human experiences. Friendship, in fact, involves a combination of every one of our feelings because feelings are the basic structure of human relations. Friendships bring out the best and the worst in all of us; we demonstrate our emotional health or sickness through our friends, or our lack of them. One of the key questions in a psychological mental examination is: Have you had any sustained relationships? A "yes" answer immediately assures the examiner that the patient probably has considerable mental health. Long-term, happy friendships indicate that a person has a strong sense of self-worth and the feelings and ability to give of him or herself without the fear of becoming depleted. People without friends are usually emotionally disturbed, withdrawn and seclusive.

There are many different kinds of friendships. They can run the gamut from fleeting social contacts in which a few pleasantries are exchanged to a complex, profound relationship in which each person gives deeply of him or herself. Friendships can be based on mutual fun, need for emotional support, warmth and love; mutual interests in sports, money, sexual conquests, intellectual pursuits and politics—as well as mutual hatred for a mutual enemy. (There are also sado-masochistic friendships which are based on upmanship and competition.) Most friendships, however, involve facets of all these characteristics and more—especially business, marital, parental or professional friendships.

What does a person bring to a friendship? He or she brings her very own views of self, of others and of the world in general. When these views are realistic, the chances for gratifying and sustained friendships are good. When a person's views are distorted, fruitful, long-term relations are impossible.

How realistic are your views of yourself, others and the world—as well as your views on friendship itself? Here are important questions and statements to consider as you explore your own ability to make, keep and enjoy friendships.

1. Are you aware that as difficult as it may seem to make friends, it is more difficult to keep them? Many of my patients tell me that they make friends, but "can't seem to hold on to them." In many instances, they have lost these friends because they've "hung on" too hard and have driven their friends away.

2. Making friends always involves self-trust and mutual trust. If we have no trust in ourselves, we are untrusting and expect the worst of others.

3. Challenging people to love you despite displays of arrogance, jealousy, envy, cynicism, bitterness and general unpleasantness is not fertile soil for growing friendship.

4. Are you aware that friendship needs optimistic openness and willingness to "take a chance"—even though periodic hurts are inevitable?

5. Are you aware that friendship can only survive if there is mutual exchange? It is not selfish to want attention, warmth and caring from a friend, if you are willing to give in return, and if each knows that there are limitations to giving and taking. I have known people who feel that in a "pure" friendship, it is wrong to *take* anything from a friend. That is not so. Human beings *always* want and *always* take. Taking, whether in the form of material or emotional satisfaction, is a human aspect of friendship, although, as in giving, there is a limit.

6. Do you expect too much of friends? Do you expect friends always to remember, always to be in a giving mood, never to hurt you, never to make mistakes, always to prefer your company to that of others, always to understand and always to be sympathetic? Such expectations are impossible to fulfill and will lead to the destruction of any relationship.

7. Mutual respect for each other's unique characteristics, interests, idiosyncrasies and need for privacy is vital to friendship. Even the closest of friends cannot meld into a single unit. There are times when we prefer other people's company and other times when we prefer to be alone. Good friends respect each other's needs and do not insist on exclusivity of attention. Friends may share a great deal, but sharing everything creates destructive pressure.

8. Close friendships involve more than physical proximity. Many friends live thousands of miles apart and se each other infrequently, yet they retai interest and involvement and mutu emotional investment so that if help needed, it is immediately forthcomin

9. Do you realize that many peop can't make or keep friends because the are too self-critical? Many of the faul we find in friends are projections of wha we dislike about ourselves.

10. Nothing is more destructive to friendship (or to a marriage, business c family relationship) than suppresse rage or withdrawal. Expressions of hurt gripes, complaints and anger should b expressed openly between friends—t clear the air. No friendship is perfec so misunderstandings are inevitabl Good friends (and this includes wive and husbands) must be able to feel express dissatisfactions. Even more im portant, they must be able to expres anger without fear of reprisal or ruptur of the relationship.

11. People who become easily bore with friends usually turn out to expec too much and give too little. Boredom in relationships involves neglecting area of ourselves which need expression an development. Expecting stimulation from others drives people away because we ourselves become bores. When we feel bored with friends, we must determine how much we really have given to the friendship and try to contribute what we can to make the friendship more mutually interesting.

12. Most people have many casual friends with whom they make superficial contact, but few close friends with whom they exchange deep feelings. This is as it should be.

There are, of course, people who have been terribly hurt in childhood and who are too frightened and threatened to give or take enough to have friends, close or casual. These people need psychological help.

To make and keep friends, it is important to realize that every friend has the freedom to end a friendship that is not healthy. Everyone needs to retain their individual identity and freedom in order to be proper friends to each other—and to themselves. **End**

As a regular feature, Dr. Rubin answers questions on your personal, marriage, family, and emotional problems. The doctor is a well-known psychoanalyst who practices in New York. He is also the author of "Compassion and Self-Hate" (David McKay). If you have questions for Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.


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MARILYN MONROE & JOE DiMAGGIO

The untold love story of the movie star and the ballplayer. By Maury Allen



In the spring of 1952, Hollywood press agent David March called the Chicago White Sox baseball team, which was training in nearby Pasadena, Calif. As a publicity stunt, he arranged to have photos taken the next day of handsome Sox home-run star Gus Zernial with March's new client—a young, blonde actress who had recently achieved instant celebrity when a nude centerfold picture of her appeared in *Playboy*. Her name was Marilyn Monroe.

Gus and Marilyn posed together for half an hour. "She was the most beautiful girl I had ever seen," Zernial recalls, "and very intelligent. She was wearing shorts and a halter. It was a fantastic outfit. I was told to wrap my arms around her and show her how to hold the bat. I enjoyed my work that day."

The picture of Zernial and Marilyn appeared in all the papers. A few days afterward, Gus ran into Joe DiMaggio, who had retired from baseball after the 1951 season, taking with him his reputation as the game's greatest living player. "He kidded me about the picture," Zernial remembers. "'How come I never get to pose with beautiful girls like that?' he asked me. I told him David March had arranged it. I guess he called March after that."

Several days later, March phoned Marilyn and persuaded her to join him for dinner with DiMaggio, at the Villa Nova restaurant in Hollywood.

March and his date were on time, 7 P.M., and DiMaggio came 15 minutes later. Marilyn did not appear until nearly nine o'clock. DiMaggio stood up when she arrived, put out his hand, uttered a quiet hello and sat down. The evening was awkward for all four of them. DiMaggio was poor at small talk, and Marilyn addressed most of her conversation to March, talking about her picture, *Monkey Business*. DiMaggio—dressed in a proper, blue pinstriped suit, white shirt and black shoes—sat straight-backed most of the evening.

Joe finally showed some animation when Mickey Rooney, dining in the same restaurant, spotted DiMaggio and, uninvited, joined the group. A fanatic baseball fan, Rooney spoke only to DiMaggio and began reciting all sorts of feats Joe had performed for the New York Yankees. Marilyn, who had pretended to March that she had never heard of DiMaggio, seemed impressed that Rooney would be so caught up in Joe's mystique.

Shortly before 11 P.M., Marilyn said she had to leave: she had an early call at the studio the next day and had to get to sleep. DiMaggio had come to the restaurant by cab.

"Would you like me to drive you home?" Marilyn asked him.

"That would be very kind of you."

Marilyn drove Joe toward his hotel. "I'm sorry I don't know anything about baseball," she said.

"That's all right," Joe replied. "I don't know much about movies."

She parked the car in front of his hotel. DiMaggio asked her if she would like to come up to his suite and look at some of his baseball trophies. Marilyn froze. She wasn't quite sure, she said years later, whether DiMaggio was kidding or not. She repeated that she had to get up early the next morning. DiMaggio leaned over and kissed her softly. Marilyn pushed him away and said goodnight. DiMaggio said he would call her again. Marilyn did not answer. She drove home to her hotel.

March called her late the next afternoon. "How'd you like him?" he asked.

"He struck out." Marilyn laughed. She obviously knew more about baseball than she had let on.

That night Marilyn's phone rang. It was DiMaggio. "Would you like to go out to dinner with me tomorrow night?" he asked.

"No. Thank you very much for asking. I'm busy."

"How about the next night?"

"No. I'm busy then, too. Call me some other time."

She said goodbye and hung up. DiMaggio called her the next day and asked her out again. She refused. He called the following afternoon. She refused again. He called every evening for two weeks and she refused every time. Finally he stopped calling. A week went by. The phone rang in DiMaggio's suite. It was Marilyn. "Would you like to take me to dinner tonight?" she asked.

They began dating regularly. Soon their names filled the gossip columns. He dined with her in the best-known Hollywood restaurants, and in San Francisco and New York. He called her every day from wherever he was.

DiMaggio had a strange pull on Marilyn. He seemed to be the father she never knew—the strong, silent man who encouraged her. He seemed to delight in her success. He had fame in his own right so he hardly needed hers. She was comfortable with him. She could take off her shoes in his apartment; he could take off his jacket and tie in hers. They deposited clothes in each other's apartments. The attraction was strong and obvious.

The romance had its difficult moments. Although he was generally loving and kind, DiMaggio was jealous of any attention Marilyn showed other men. He raised his voice to her on several such occasions. She reminded him gently that they were not married and pointed out that publicity was a vital part of her career.

One day they kidded about all the famous people with whom each had posed for pictures.

"I guess the most famous I have ever posed with," DiMaggio told *(continued)*

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et Donna Brown and Alicia Catania, mother and daughter.
her wears jeans, daughter wears dresses. Mother shops for clothes, daughter sews.
her works, daughter's settled down and married. In other words, like mother, *not* like daughter.
ept for their fragrance. Cachet belongs to both of them. And that's okay.
ause it's a little different on every woman that wears it.



ere'll be no chemises for Jan Bower.
with a waist that measures 19 inches.
t little middle is her trademark.
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Suellen Laracy thinks what's missing in the 20th century is romance. So she provides her own by collecting clothes from another century. Suellen says, "Deep down, they're really me. Like Cachet. The fragrance I always wear."

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Maybe it isn't you. But then again, maybe it's the first fragrance that really is.

Cachet by Prince Matchabelli

her, "were Douglas MacArthur and Ethel Barrymore. You're prettier."

"My heart jumped when he said I was pretty," Marilyn told a friend. "Men had been saying that all my life. This was different. This wasn't a man saying that because he wanted something of me. This was a man who sincerely cared for me speaking from his heart."

On Christmas Eve, 1952, Marilyn went to a holiday party—alone; Joe was out of town. Christmas was an empty, unhappy season for Marilyn Monroe. There were no pleasant childhood memories. Her father had deserted the family, her mother was mentally ill. There had been a series of foster homes. She had married at 16. Her young life had been one ache piled on another.

Marilyn left the party early and went back to her hotel suite. As she opened the door, she saw a small Christmas tree on a table. There was a card. It read, "Merry Christmas, Marilyn," and it was signed, "Joe." On the other side of the room, sitting in a chair, was DiMaggio.

"This is the first time in my life anyone has ever given me a Christmas tree," she said. "Joe, I love you." DiMaggio had ordered dinner. They drank champagne and slept in each other's arms.

The cross-country romance continued for two more years. DiMaggio had to spend a great deal of time in San Francisco and New York, but he saw her when he could. He constantly sent gifts, including a $10,000 mink coat.

Marilyn seemed to find a warmth in DiMaggio that she had never found in any other man. He could kid her in a loving way. She once mentioned to him that when she was a schoolgirl, all her friends called her "string bean."

"If they called you string bean, honey," DiMaggio said, "they must have been looking at you in a room with an awful low ceiling."

Five-minute ceremony

At 3 P.M. on January 14, 1954, Joe DiMaggio, 39, and Marilyn Monroe, 27, drove up to the San Francisco City Hall, slipped through a side door and were married by a municipal court judge. Marilyn wore a chocolate-brown suit with a white ermine collar and carried a corsage of three white orchids. DiMaggio wore a blue suit and a blue polka dot tie. The ceremony took five minutes.

Afterward, photographers urged Marilyn to kiss Joe. She complied. DiMaggio laughed and blushed. Reporters shouted questions. DiMaggio answered.

"We decided to go through with it a few days ago," he said. "It isn't a snap judgment, as you know. We have talked about it for some time."

"We are both very happy," Marilyn said in that wispy voice.

"How many kids do you want?"

"I'd like to have six," said Marilyn.

"At least one," said DiMaggio.

"Where you gonna live?"

"Here, San Francisco," Joe said.

"I'm going to continue my career," added Marilyn, "but I'm looking forward to being a housewife, too."

They pushed through the crowd, waved, and drove off in DiMaggio's blue Cadillac with its Joe D. license plates. Three hours later, Ernest Sharpe, proprietor of the Clifton Motel in the tiny beach town of Paso Robles, was watching television as the office door of his motel opened. He looked up and Joe DiMaggio was staring at him.

"Hi. We'd like a room," he said.

"I don't suppose you'd want twin beds," Sharpe said.

"No," said DiMaggio. "We'd like a double bed and a room with a TV set."

Sharpe volunteered to help DiMaggio with his bags, was introduced to the bride, asked if there was anything else and left the honeymoon couple alone. The motel owner phoned his wife. "You won't believe who just rented room fifteen," he said. "Joe DiMaggio and Marilyn Monroe."

"You're right, Ernest," said Mrs. Sharpe. "I won't believe it."

Fifteen hours later DiMaggio settled the bill, signed an autograph for Sharpe and drove off with Marilyn to a honeymoon in Mexico.

Difficulties start

DiMaggio had agreed to play several exhibition games in Japan early in 1954. He decided to extend his honeymoon and take Marilyn with him. Late in January they arrived in Tokyo. The Korean War had ended, but more than a million GI's still remained in Korea. Marilyn was asked if she would fly to Korea and entertain the troops. Marilyn entertained more than 100,000 soldiers at a huge airport show and was thrilled as pictures of her were flashed around the world. Joe was sullen when she returned to Tokyo.

"Joe, Joe," she exclaimed, "you've never heard such cheering!"

"Yes," Joe said quietly, "I have."

When they returned to America, they rented a home in Beverly Hills and Marilyn began a new movie, *The Seven Year Itch*. Often she came home from the studio exhausted. She was having trouble sleeping and was taking pills.

DiMaggio flew to New York on business, and Marilyn followed to finish her movie there. DiMaggio became more withdrawn. He spent long hours at Toots Shor's restaurant. Marilyn went with him occasionally, but felt as uncomfortable among the sporting crowd as DiMaggio had in Hollywood.

Jimmy Cannon, one of DiMaggio's few intimates, wrote a sports column about the couple's life together.

"She likes what I like," DiMag told Cannon. "She's a quiet girl. My is dull. I never interfere with Maril work. I don't resent her fame. She working long before she met me. for what? What has she got after these years? She works like a dog. Wh she's working, she's up at five or six the morning and doesn't get throu until seven at night. We eat din watch a little television and go to be

Another friend of Joe's, Arthur Ri man, Promotion Director of the N York Mets, stared at a picture on office wall at Shea Stadium. It was himself and a smiling DiMaggio.

Like Grand Central Station

"I don't know if Joe will talk to after this. It's the quickest way to him as a friend, to talk about Maril He still has tremendous love and feel for her. But I remember a night in L Angeles when he started talking ab her. He mentioned this beautiful ho they had in Beverly Hills. He said was like Grand Central Station. Th was no privacy. The phones never st ped ringing. It seemed everyone co get their number. People would ri the bell and knock on the door at hours. Joe thought maybe part of t problem was living in Los Angeles. wanted her to move to San Francis with him, give up her career and l quietly with him as his wife. He told h she didn't have to decide that minu that she should think about it and ma her own decision. She said she would.

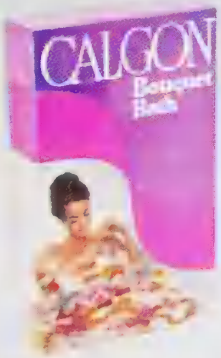
"Joe said the marriage seemed to wrong from their honeymoon in Jap on. The Defense Department sent so general to ask her if she would go Korea and entertain the troops. Joe sa 'Marilyn looked at me and I looked her. I told her to go ahead if she want to.' Marilyn went and Joe stayed alo in Japan on his honeymoon. That w a hell of a way to start a marriage."

Another glimpse into this troubl time early in their marriage came fr Norman Rosten, novelist, playwrig and poet. Of all the people arou Marilyn, Rosten seemed to have t purest and most gentle relationship wi her. He knew her not as an actress, c lebrity or lover, but simply as a frien Rosten recalls, "Marilyn didn't oft talk of Joe with me, but she did menti her honeymoon and that trip to Kore She started out by saying how cold was. Then she suddenly said, 'I cri on my honeymoon.' I asked her wh she meant. She didn't answer."

While Marilyn was filming *The Seve Year Itch*, she posed for publicit photos, standing over a subway gratin as the wind billowed her pleated ski into the air. DiMaggio stood off to t side, watching the scene. He was di gusted. He could not *(continue*



Pour yourself a bouquet. Don't stir. Just relax.



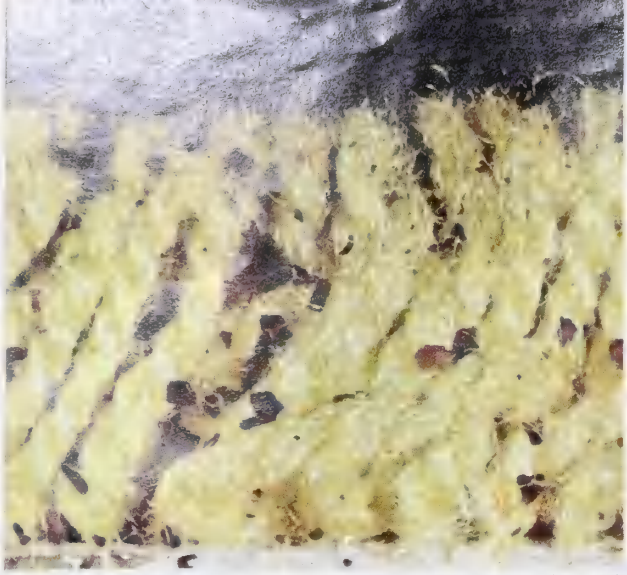
Draw your water.

Mix in Calgon Bouquet Bath. Now it's the cocktail hour for your skin.

Calgon Bouquet Bath scents your body, your whole bath, with the fragrances of Lilac, Apple, and Cherry Blossoms. And a hint of Rosewood.

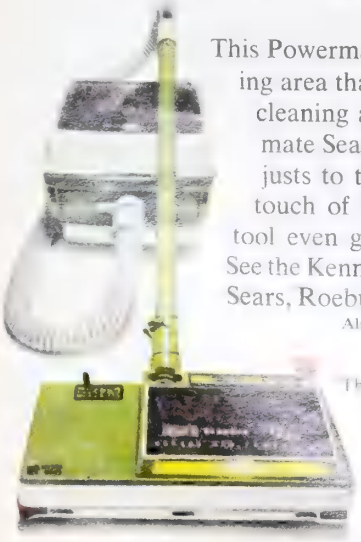
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Also in the catalog. Model No. 2499.

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Sears

separate the fact that the actress performing the rituals demanded of her profession was also his wife. He wheeled and walked away. He went to Shor's and drank heavily. He flew to San Francisco the next day, bitter about the photos of Marilyn that appeared in the newspapers.

In Los Angeles on October 5, 1954, just 274 days after they were married, Marilyn filed for a divorce. The complaint charged that DiMaggio had caused her "grievous mental suffering and anguish." It said that there was no community property, and that Marilyn did not seek alimony. "There is no other man," Marilyn told columnist Sidney Skolsky. "There never has been."

Said DiMaggio: "I want to be a good friend to Marilyn. I have nothing else to say except 'no comment.' If she wants the divorce, she will get it."

Joe DiMaggio retreated from public view for a long time after the divorce. He stayed mainly in San Francisco. But he never forgot Marilyn. Says DiMaggio's friend (and attorney for 25 years) Edward Bennett Williams:

"Joe carries a torch bigger than the Statue of Liberty. He was crazy about her. Still is. He has feelings about the whole Hollywood crowd, about the people who abused her. He has not gotten over certain things and probably never will.

"I was with Joe when Arthur Miller was called to testify before the House Un-American Activities Committee. Joe and Marilyn had been divorced but, of course, he was still carrying the torch. Marilyn was married to Miller then, and volunteered to testify for him at the hearings. She told the committee: 'Arthur Miller is the only man I ever loved.' I knew that would hit Joe like a brick wall. I figured he would cancel our dinner date that evening. He didn't. He went ahead with it and never said a word about Marilyn all night. Joe has that way of blocking unpleasant things out of his mind. If he doesn't want to discuss something that would hurt him, he just forgets about it."

"Mr. D." and "Miss Monroe"

They had been man and wife once; after the divorce they were friends. It seemed a warmer, more solid relationship than the one they had as a married couple. In public, she called him "Mister D," and he always called her Miss Monroe. They phoned each other frequently, dined together on occasion, shared a birthday party or a holiday.

DiMaggio seemed always on the periphery of Marilyn's life, even after she married playwright Arthur Miller in 1956. In 1960, as Marilyn worked on Miller's film *The Misfits*, that marriage, too, was in decline. There were hysterics, threats of suicide, pills, alcohol. Early in 1961, she divorced Miller—amid more turmoil, more pills, less sleep, more contact with DiMaggio. In February, 1962, she collapsed in her New York apartment, and in March was taken to Payne-Whitney Clinic, a fashionable establishment for people suffering mental disorders. She hated Payne-Whitney and wanted to leave. She phoned DiMaggio, who was in St. Petersburg, Fla., and he caught the next plane to New York. He arranged for Marilyn's transfer to Columbia Presbyterian Hospital, and finally persuaded her to come to Florida, where they fished and relaxed on the beach.

Later, he took her back to Los Angeles. She was to start a new movie called *Something's Got To Give*. Joe returned to his San Francisco home and phoned her almost daily.

Marilyn had been accepted into the fringes of the Hollywood "Rat Pack," whose packmaster was Frank Sinatra. There were hints of an affair with Sinatra.

In June, Marilyn was fired from *Something's Got To Give*. She retreated to her new home in Brentwood, drank and took pills indiscriminately. She was out of work and lonely.

Meanwhile, DiMaggio was busily occupied by the first serious job he had ever held *(continued on page 50)*

Your tampon should be the most trusted tampon

For years, women all over the world have put their trust in Tampax tampons. They are by far the number one choice. In fact, more women use Tampax tampons than all other menstrual tampons combined. An important reason for this choice is the protection Tampax tampons give. More than sufficient, dependable protection for your normal needs.

Here are some questions and answers about menstrual protection and Tampax tampons. The answers will help you understand why the word "trust" and Tampax tampons are linked so closely in the minds of women in more than one hundred countries.

Does "absorbency" mean "protection"?

Not necessarily. A tampon can be highly absorbent and still not prevent accidents from happening. For your protection, a tampon must be designed to absorb menstrual flow adequately, be easy to insert correctly, expand gently to fit your inner contours, and be simple to withdraw.

Tampax tampons measure up to all of these requirements. The tampon is made of softly compressed, highly absorbent material. It is encased in a slim, smooth container-applicator that makes it easy to insert the tampon hygienically into the proper position for maximum protection and comfort. After insertion, the Tampax tampon expands in all three directions—length, breadth and width—to conform to the contours of the vagina so that the chance of leakage or bypass is minimal. Upon removal, the Tampax tampon slims itself so that it is as easy and simple to withdraw as it is to insert. The withdrawal cord is chain stitched the entire length of the tampon.

Is a deodorant necessary?

No. A deodorant in a tampon is not at all necessary. When a tampon is in use, embarrassing odor does not form. Therefore, Tampax tampons do not contain a deodorant. And deodorants may be harmful to delicate tissue. They may cause irritation and allergic reactions. So why take chances with something that isn't needed.

Should you use a plastic applicator?

Insertion is not any easier with a plastic applicator. The smooth, pre-lubricated Tampax tampon container-applicator makes insertion comfortable, hygienic, correct and easy. The applicator tubes are made of spirally wound strips of paper that are held together with water-soluble glue. And, unlike the plastic type, the Tampax tampon applicator can be flushed away. Drop the tubes into water. In moments—by the time it takes to wash one's hands—the paper strips unwind and are as safe to dispose of as two facial tissues. Both the applicator and the tampon are completely flushable and biodegradable.

Are Tampax tampons more economical?

Yes, indeed. Tampax tampons come in packages of 10's and 40's which cost less than or about the same as packages of 8's and 30's of other brands. A lot more protection for your money.

Now, here's a question for you: **"Shouldn't your tampon be the most trusted tampon?"**

TAMPAX® tampons

The internal protection more women trust

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.





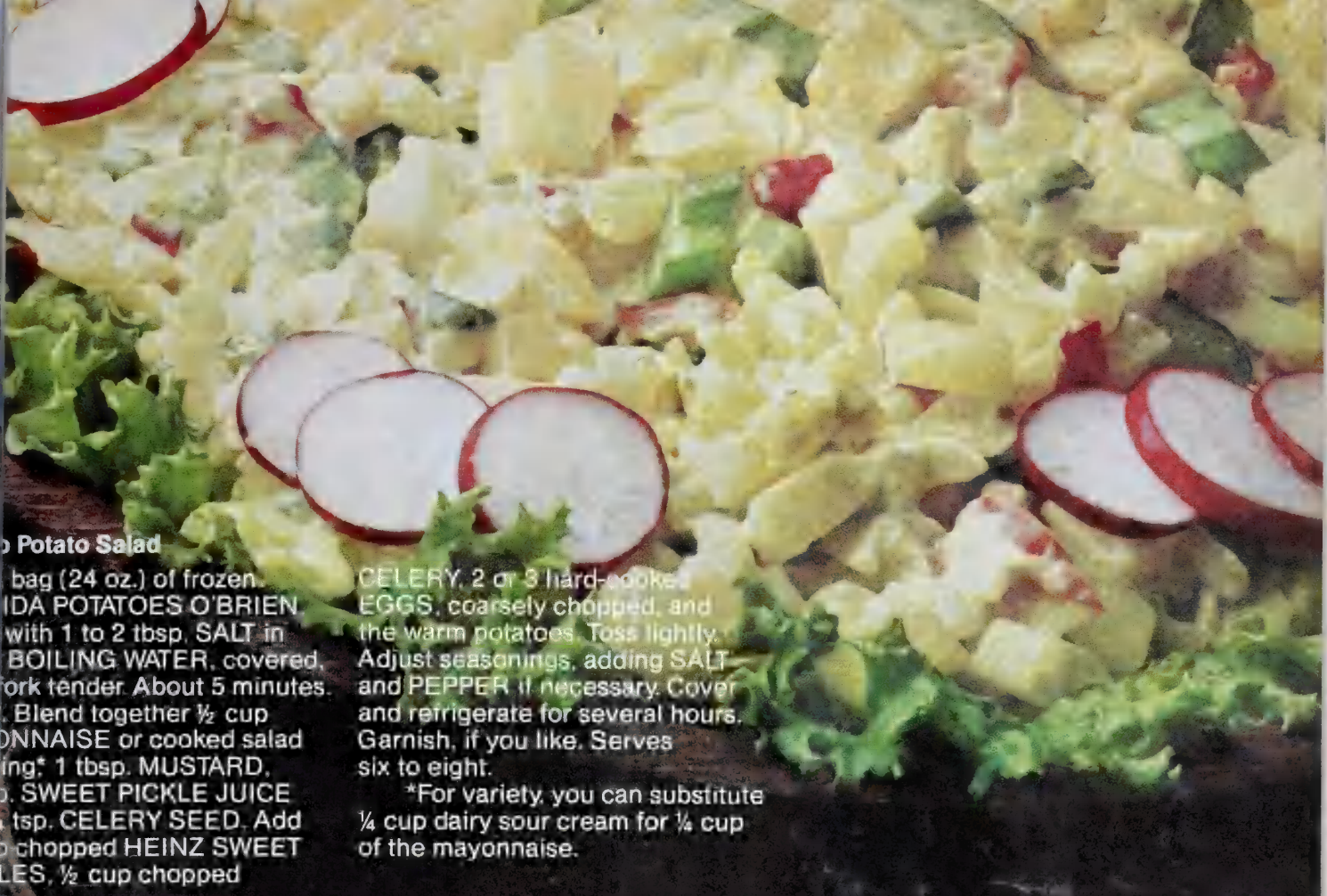
Mexi-Taco Hash Browns

In a large skillet, brown 1 lb. GROUND BEEF and cook ½ c fresh frozen ORE-IDA CHOPP ONIONS until tender. Spoon o fat. Add 1 can (8 oz.) TOMATO SAUCE, ½ tsp. SALT, ½ tsp. CHILI POWDER or more to tas 1/8 tsp. GARLIC POWDER and 1 tsp. HEINZ WORCESTERSH SAUCE. Boil; reduce heat and simmer 10 minutes, stirring occasionally. Meanwhile, in another skillet, prepare 1 pack (12 oz.) frozen ORE-IDA SHREDDED HASH BROWNS according to package direction season with SALT and PEPPER Place hot hash browns on baki dish. Top potatoes with meat mixture and 4 to 8 TOMATO SLICES, sprinkle with shredde CHEDDAR CHEESE. Broil 3 to 5 minutes until cheese is melte Serves four.

Breakfast Americana

Heat 1/3 cup COOKING OIL, SHORTENING or BACON DRIPPINGS in a large skillet over medium-high heat. Add frozen ORE-IDA SOUTHERN STYLE HASH BROWNS, pat into even layer and sprinkle with SALT and PEPPER. Cover. Cook for 8 to 10 minutes, or to desired brownness. Serve with BACON and EGGS.

©1973 J.R. Ore-Ida



Potato Salad

bag (24 oz.) of frozen IDA POTATOES O'BRIEN, with 1 to 2 tbsp. SALT in BOILING WATER, covered, ork tender. About 5 minutes. Blend together ½ cup ONNAISE or cooked salad ing;* 1 tbsp. MUSTARD, SWEET PICKLE JUICE tsp. CELERY SEED. Add chopped HEINZ SWEET LES, ½ cup chopped CELERY, 2 or 3 hard-cooked EGGS, coarsely chopped, and the warm potatoes. Toss lightly. Adjust seasonings, adding SALT and PEPPER if necessary. Cover and refrigerate for several hours. Garnish, if you like. Serves six to eight.

*For variety, you can substitute ¼ cup dairy sour cream for ¼ cup of the mayonnaise.

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u can't beat Ore-Ida hash browns. even if you're willing to spend two hours ng your own.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MARILYN AND JOE
continued

outside baseball: a $100,000-a-year position as a representative of the V.H. Monette Company of Smithfield, Va., the main supplier for post exchanges on American military bases around the world. The firm's president, Valmore Monette, remembers the association fondly:

"He was just a fine person. You know why he left us? *Nobody* knows this. I never told anybody before. I didn't think it was right. Now it seems okay because so many years have passed. Joe left us on August 1, 1962, because he was flying back to California to ask Marilyn to marry him again. He told me he had talked to Marilyn and thought she had finally agreed to leave the movies and remarry him and move with him to San Francisco. He thought things would be different and that everything would work out well for them now. I was shocked when I heard what happened to Marilyn because I knew why he was going back out there in 1962."

DiMaggio quit his job with Monette about four days before Marilyn's death. He flew to San Francisco to play in an exhibition game on Saturday, August 4. He apparently planned to fly to Los Angeles on August 5 to see Marilyn. But when he arrived in Los Angeles that day it was to arrange for her burial.

On the morning after her death, DiMaggio took charge of the funeral arrangements. He invited only 23 close friends—all non-Hollywood. He chose the Village Church of Westwood for the service and Westwood Memorial Park for the burial. No press was to be allowed inside the small chapel.

At the funeral, DiMaggio's face was tortured. His son, in the dress uniform of a Marine private, was red-eyed. When Marilyn's attorney Milton Rudin, who had not been invited to the service, tried to enter the chapel, DiMaggio at first refused to admit him.

"You are keeping out Marilyn's close friends," Rudin protested.

"If it hadn't been for some of her friends," DiMaggio replied, "she wouldn't be where she is." But he allowed Rudin to come in. Others he did not.

Patricia Lawford, sister of President Kennedy, had flown from Hyannis Port for the funeral. She was excluded. Also were Peter Lawford, Frank Sinatra, Dean Martin and Gene Kelly. When the funeral was over, DiMaggio retreated to San Francisco. He didn't leave his house for over a month.

"They met at the wrong time"

Lois Weber Smith was Marilyn's press representative from 1955 to 1961.

"I don't think Joe was right to keep people away from the funeral, but I know that she cared very deeply for him in the last years. For a while, when they were married, Marilyn had the idea she could have both lives, the private and the public. But the press wouldn't allow it. They were both too big, too famous, too much a part of America to just disappear when they weren't working.

"I know he loved her. I know in his way she loved him, too. He was kind and generous with her, and strong. It was almost as if Marilyn Monroe and Joe DiMaggio met at the wrong time in their lives.

"I remember once when Marilyn phoned me—probably in the middle of 1955. She was staying at the Waldorf Towers. I could hear this pounding noise over the phone as she talked very calmly. She didn't refer to the noise for a while, but she could soon tell by my voice that I was very puzzled. Finally she said, 'Oh, that's Joe banging on the door outside.' She continued the conversation for several minutes with that noise still going on before she hung up.

"My attitude then was that I didn't like Joe, from what Marilyn told me about him. I never met him or saw them together, and I don't know whether what she told me was for effect or not. I am sure Marilyn was afraid of him, physically afraid. She said Joe had a bad temper. He was obviously rigid in his beliefs. There must have been

(continued on page 51)

great ambivalence in his feelings toward her. He wanted her for all the reasons any other man would want her, because she was a gorgeous woman, but didn't want her to be like that for any other man. It was an impossibility.

"She spoke often of Joe's son. She desperately wanted children of her own. She was marvelous with children, very warm, very friendly, very affectionate, completely without guile. There was a part of her that obviously wanted to be part of Joe's family, the brothers and the sisters, the big spaghetti dinners, the warmth and the happiness of a large Italian family. I think she really would have liked to be part of Joe's family that way, sort of adopting them as the family she never had.

"There were times when she talked of Joe with great warmth. There were times she made it clear he had hurt her very badly, maybe even struck her in some jealous rage. He was a jealous man and couldn't accept her as a love object for every other man in the world."

The office at Westwood Village Mortuary is run by Angelo DeLucia. It is true, he said, that Joe DiMaggio has arranged to have flowers at Marilyn's grave continually. (The florist sends the bills—$850 a year—to DiMaggio's restaurant in San Francisco.) "Three times a week a truck pulls up here from the Parisian Florist in Westwood. The driver puts six red roses in a small vase next to Marilyn's crypt. Rain or shine those flowers are delivered."

DeLucia walked toward a shady spot in the cemetery, and pointed out the inscription marking the grave:

MARILYN MONROE 1926-1962

There was a vase on the right. The red roses were bright and fresh.

Joe visits the grave

"DiMaggio shows up here once or twice a year," DeLucia said. "He comes unannounced. He walks up to the crypt, stays a few minutes and leaves. We don't bother him. We respect people's privacy."

Sid Luckman, former professional football star, says of Joe: "I think I am as close to him as anyone on this earth. When he broke up with Marilyn in 1954, I was the first one he called. He came to Miami Beach and spent ten days with me. It took him a long time to get over it.

"In 1962, when she died, he didn't come out of his house for six weeks. I called him, convinced him he had to start living again. He loved her desperately and he was devastated."

A few months ago, more than 12 years after Marilyn Monroe's death, Sid Luckman kidded Joe about remarrying. Luckman reminded DiMaggio that he wasn't getting any younger, that he needed a woman to take care of him.

"I'll never marry again," said Joe.

"It wasn't with any pain that he said that," Luckman remembers. "It was simply a fact. The man had been hurt twice in marriage. He wouldn't chance it again."

In 1969, professional baseball celebrated its 100th anniversary with a big banquet in Los Angeles. DiMaggio attended with his friend Arthur Richman, the New York Mets executive. "About midnight," Richman recalls, "we went into the hotel lounge for a couple of drinks. About 2 A.M. Joe said, 'Let's get something to eat.' "We jumped into a cab and told the guy to take us to a decent place. The driver said he knew a nice little all-night restaurant where they made great ham and eggs—only it was out of the way. We rode a while and talked, and finally the cab stopped. Joe got out and looked across the street. He just stood there without moving. I had no idea what it was all about. Then I looked across the street and noticed a cemetery. I saw tears come to Joe's eyes. 'What's the matter, Joe?' I asked. He looked at me. 'Don't you know. This is where I've got Marilyn.'" **End**



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Look for Scholl Leg Hair Remover wherever depilatories are sold.

PET JOURNAL

How should you choose a veterinarian? What makes one vet "better" than another? Does personality count? Here are practical tips for new (and old) pet owners.

According to the American Veterinary Medical Association, there are 28,000 practicing veterinarians in the United States today. Selecting the one that is right for you and your pet can be a personal, important decision.

When looking for a veterinarian, one of the best places to start is the local veterinary medical association. Ask for the names of a number of qualified veterinarians in the area. The association will *not* recommend a veterinarian who has been the object of valid complaints. If your local association does not provide referral services—and not all do—the next best bet is to seek the advice of a friend. If you are both dog lovers, or bird lovers, or cat lovers, as the case may be, chances are the veterinarian who pleases your friend will also please you.

Don't be afraid to ask questions about a veterinarian's education and qualifications. Is he or she a member of the local, state and national veterinary medical societies? Most reputable veterinarians are, and thus can take advantage of the societies' continuing education courses to keep abreast of the newest developments in the field. Is the veterinarian a member of the American Animal Hospital Association? The AAHA, a 42-year-old international organization with 6,000 members, sets the strictest voluntary standards of any professional veterinary association in the country.

A client can also pick up clues about a veterinarian's personal and professional standards simply by looking around the office. How clean are the facilities and the employees? Is the staff kind and helpful? Does the doctor really listen to what you have to say?

Some clients think they can tell a lot from the way a veterinarian handles their pet. To a degree, that's true. Certainly, no professional should treat an animal with undue roughness. But many pet owners have so spoiled and pampered their pets that when a veterinarian handles the animal the only way it can or should be handled, the owner becomes upset. "Some of my clients get indignant when I lift their cats by the back of the neck," says Dr. J. Lloyd Tait, President of the New York City Veterinary Medical Association. "It doesn't matter to them that this is the proper way to lift the animal." Large and sometimes vicious dogs present the greatest problem. "When you're dealing with a mean animal, there's no point pretending he is friendly," says Dr. Tait. "That's why I let the client handle the pet whenever possible. If necessary, I take half and the owner takes half—and I give the owner the biting half."

Animal doctors, like M.D.'s, may specialize—either by limiting their practice primarily to horses, cows, dogs or cats, or by specializing in a particular medical field such as radiology, ophthalmology or dermatology. A reputable general veterinarian will refer clients to a specialist whenever necessary. But if clients are uncomfortable with a veterinarian's diagnosis or recommended treatment, they should feel free to consult another doctor.

Sometimes a veterinarian and a client may have conflicting personalities. Says a spokesman for the American Veterinary Medical Association, "Choosing a veterinarian, like choosing a doctor, is a highly personalized thing. Two vets may be equally qualified but have different ways of doing things. In that case, choose the one who makes you feel most comfortable and confident."

Occasionally, a client may feel that a particular veterinarian has behaved in an unethical or unscrupulous manner. It happens in the most honorable professions. In that case, the client should report the incident to the local veterinary association. If the offending doctor does not belong to the local or state association and thus is not subject to their moral pressure, or if a client wishes to carry the case even further, the local association will make a referral to the proper government office.

But there are two sides to every argument. Sometimes a client expects the veterinarian to perform miracles and is outraged when none are forthcoming. "Some people refuse to understand that animal medicine, like people medicine, is serious business," says Dr. Tait. "I always stress to my clients that any operation performed on a pet can be risky."

Pet owners who are genuinely concerned about the health of their pets can protect the animal by following common-sense guidelines. "First," says Dr. Tait, "start your pet with a veterinarian right away, just as you would start a baby with a pediatrician. Make sure the animal receives annual checkups and all necessary inoculations. Proper exercise and diet also have an immeasurable effect on your pet's well-being. And get your pet to a veterinarian as soon as illness begins, before complications occur."

—By Gini Kopecky

Official Rules for the Prime Is Meaty Sweepstakes

1. All entries must be accompanied by the star (★) price area from a box of Gaines Prime or Pri Variety, OR the word PRIME printed in block ters on a 3" x 5" card. Entries must be on the C cial Entry Blank or a 3" x 5" card. Print your na and address on entry blank or card and mail PRIME IS MEATY SWEEPSTAKES, P.O. B 5013, Kankakee, Illinois 60901.

2. No purchase is required.

3. The sweepstakes will run from Feb. 10, 19 until Aug. 30, 1975. In order to qualify for the dra ing, entries must be postmarked no later than A 30, 1975 and received no later than Sept. 13, 1975

4. Winners will be determined in one random blin fold drawing from all entries received prior deadline. In the event any winner or winners cline winning prizes, or if for any other reason prizes cannot be awarded after the initial drawir a supplemental drawing or drawings will be he to award all remaining prizes. Drawing will conducted by independent judges...Schneider Associates...whose decision is final. Each en has an equal chance of winning...there are predetermined winners.

5. Your chances of winning are dependent on, a will vary according to, the actual number of entri received. Entry blanks will be distributed to a max mum of 110,000,000 households. The geograph area of this sweepstakes is nationwide, with exce tions noted below. All prizes will be awarded; on one prize will be awarded to any one person household. List of winners will be available on r quest to: Winners' List, P.O. Box 3139, Kankake Illinois 60901.

6. The Prime Is Meaty Sweepstakes drawing wi be held on September 26, 1975. Prizes will b awarded as soon as compliance of winning entri with these rules is verified. In order to be awarde a prize, winning participants must be available the addresses shown on their entry blanks, or the must furnish a proper forwarding address to sweep stakes officials prior to the date of the drawing.

7. No substitution of prizes will be permitted. I the event a prize winner declines to accept a liste winning prize, that person will automatically b disqualified and a supplemental drawing or draw ings will be held from the balance of non-winnin entries to award the unaccepted prize.

8. This sweepstakes is not open to the employee (or their families) of General Foods Corporation its advertising agencies, subsidiaries or affiliates or Schneider & Associates.

9. Federal, state, and local regulations, if any apply. Sweepstakes not open to residents of Georgia Idaho, Missouri and the state of Washington an void in any locality where taxed, restricted or pro hibited by law.

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Kankakee, Illinois 60901

I've enclosed the starred (★) price area from a box of Gaines Prime® or Prime Variety® dog food OR I've enclosed the word PRIME printed in block letters on a 3" x 5" card.

Name _____
(Please print)

Address _____

City _____

State _____ ZIP _____

Five years of free meat for you.

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The Prime Is Meaty Sweepstakes. It's our way of telling you Gaines Prime® and Prime Variety® dog foods are made with meat by-products and real meat plus vegetables and other nutrients.

The Prime Is Meaty Sweepstakes is our way of telling you Gaines Prime and Prime Variety are meaty and delicious.

The Beef flavor contains real beef meat. The Chicken flavor, real hearty chicken. The Liver flavor, real hearty liver.

The Prime Is Meaty Sweepstakes. Enter today. The prizes are listed below:

1 First Prize. We will pay your meat and your dog food bills for 5 years. At a bank of your choice, we will open a trust account for $7080 which will pay you $118.00 a month for 5 years, enough, we project, to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for 5 years.

50 Second Prizes. We will give you a check for $118.00, enough to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for a month.

500 Third Prizes. We will give you a check for $29.50, enough to buy meat for a family of four* and Gaines Prime and Prime Variety for a 40-lb. dog for a week.

(See rules on opposite page.)

GF GENERAL FOODS

*Based on 1974 USDA Figures.

10¢ STORE COUPON 10¢



Save 10¢ on Gaines Prime® or Prime Variety® dog food

MR. GROCER: General Foods Corporation will redeem this coupon for 10¢ plus 5¢ for handling if you receive it on the sale of Gaines Prime or Prime Variety dog food and, if, upon request, you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to GENERAL FOODS CORPORATION, COUPON REDEMPTION OFFICE, P.O. BOX 103, KANKAKEE, ILL. 60901. **Good only upon presentation to grocer on purchase of Gaines Prime or Prime Variety dog food. Any other use constitutes fraud. Offer limited to one coupon per purchase.**

LIH-2219-6

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COUPON EXPIRES MAY 31, 1976.
GENERAL FOODS CORPORATION

SPENDING YOUR MONEY

By Sylvia Porter

Is special insurance necessary for gas-saving car pools? Food stamps, raised prices—illegal. Loan co-signer liability explained. Are group summer rentals legitimate?

Cost of pilot lights

Do you know the cost of running the pilot light on a stove? Has it ever been calculated?

Yes to both questions. Both the American Gas Association and Consumers Union estimate that the pilot lights for stove top and oven account for one-third of a typical stove's total gas consumption. Sometimes the proportion is as high as 50 percent.

CU is pushing for the incorporation of some kind of automatic ignition system using mechanical or electronic lighting devices in stoves of the future. The gas savings in the first year alone, CU calculates, would come to six billion cubic feet.

Car pool insurance

We (six families in a suburban Chicago community) are starting a gas-saving car pool to take our kids to and from school each day. Do we have to get any special insurance coverage?

Not unless the pool is operated for a profit. If any member pays a fee instead of performing his or her driving duty (say, because the person doesn't own a car) you have to keep the amount to a fair share of the car operating expenses —including gas, oil and depreciation.

Illegitimate children's rights

Is it true that an illegitimate child cannot get Social Security benefits if the child's parent becomes disabled?

Not long ago the U.S. Supreme Court declared unconstitutional such a provision of the Social Security law—a clause which denied benefits to a wage earner's illegitimate children who were born after the onset of the disability. The grounds for the decision were that refusal of benefits constituted a denial of equal protection under the law.

Wage withholding for debts

Under what circumstances is it legal for a creditor to have your employer withhold any part of your wages to repay a debt the creditor claims you owe?

A legally limited proportion of your wages may be withheld by your employer *IF* the creditor has obtained a court order by suing you, properly notifying you of the suit and winning the case against you.

The only other way in which your employer may legally hold back a part of your wages to repay a debt is via "wage assignment"—in which case you sign a document authorizing the employer to do so. In most states, wage assignments are used if you fail to keep up repayments on a loan to a bank or finance company—but not in connection with paying for goods you have bought on the installment plan.

"Renting" good music

My husband and I are both doing graduate work and we're therefore living on a shoestring. One of our greatest pleasures is listening to good music at home and therefore we very much want to buy a good stereo set. Since we can't come up with the $500-$600 cost of the kind of set we'd really like to have, we're tempted by an offer we recently heard on the radio. The idea is that you pay a low "rent" each month and that the accumulated payments count toward the purchase of the set. An important part of the deal—for us anyway—is that no credit check is made. Our question is: how could a company afford to make this offer to people whose credit standing is unknown at best and quite possibly inferior?

Your suspicions may be justified. In a recent case, the Federal Trade Commission found a number of firms allegedly offering exactly the deal you describe and using "unfair and deceptive advertising" to sell T.V. and stereo sets at prices well above local prices for comparable equipment. Moreover, customers were allegedly encouraged to skip or postpone one or more early payments—and if they did so (contrary to the fine print rules in the contract they had signed) their T.V. or stereo sets were repossessed.

In sum, beware!

Food stamps and raised prices

Every time food stamps are issued in our area (a small midwestern town), local grocery stores hike food prices and supermarket specials suddenly vanish. Is this legal?

No! And if it happens, report the fact at once to your local food stamp office or state food stamp agency. By law, such anti-competitive moves are prohibited. If your local markets indulge in them they risk losing their approved status as stores which may accept food stamps.

A co-signer's liability

When two or more people co-sign a bank loan for another person, does each co-signer share equally in the responsibility to repay the loan in the event the borrower defaults? Can a bank hold any one co-signer liable for more than his "share"?

Normally, co-signers are responsible "jointly and severally" for the loan and each co-signer is liable for the full amount of the loan if the others are unable to fulfill their agreement to repay and if the primary borrower can't or won't. Moreover, this liability is passed on to your estate in the event of your death.

Be sure the details are spelled out clearly on the paper you are asked to co-sign and/or by the bank officer in charge of the loan.

You can protect yourself when you co-sign a note for a friend by stipulating a maximum amount for which you will agree to be responsible.

Group summer rentals

My wife and I have been approached to buy a share, with a number of other people, in the rental of a summer house on the beach. It has a private tennis court, and the man who was recruiting tenants promises us lots of other amenities, too. How can we be sure the deal is legitimate?

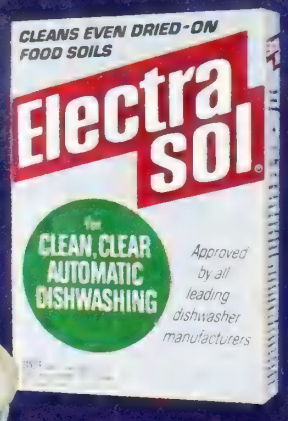
Last year about this time the New York City Department of Consumer Affairs issued a public warning on this sort of arrangement and advised would-be renters who are personally unable to inspect such a place to:

- Insist on seeing a copy of the lease (to make certain one exists).
- Find out exactly where the place is—how far from the nearest town, beach, etc.
- Check how many people are being signed up and how many people are being assigned to each room.
- Also investigate *who* they are. Try to meet all of them, compare notes on who is paying how much, what house rules they want, what extra costs there will be (e.g., utility bills, housecleaning).
- Finally, be sure there are no local zoning ordinances which restrict the number of unrelated people who are permitted to live under one roof. **End**



The first dishwasher detergent for dry-hards. Electrasol.

Dry-hards are tough-to-clean foods—like macaroni and cheese, eggs, oatmeal, sauces—that dry and cake and stick. And stick. On plates. On forks. Filming glasses. But Electrasol, with its special formula, gets rid of dry-hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.





Good Housekeeping

ECONOMICS LABORATORY, INC., St. Paul, Minnesota



MOTHERING

By Geraldine Carro

News, ideas and information every mother needs to know about child-rearing.

How Over 2 Million Children Were Kicked Out of School

Can more than two million children be all that bad?

The staggering statistics revealed in a new nationwide survey on school suspensions raise this question dramatically.

The first-of-a-kind survey conducted by The Children's Defense Fund, a Washington research group, polled the country's 2,400 largest school districts. The study tells not only how many, but who we are shutting out of the classroom.

It found that only three percent of the projected two million or more students suspended each year nationally qualify as hard core troublemakers—the sort that deface school property or pose a serious threat to fellow classmates and teachers. The rest were suspended for such lesser offenses as truancy, smoking, wetting their pants or walking on the wrong side of the corridor.

The figures also suggest that being different—smarter, duller, foreign born or of an ethnic or racial minority—raises the statistical likelihood of suspension.

"Suspension has become an automatic reflex, rather than a last resort measure, in too many school systems," says survey director Marian Wright Edelman.

Until recently, most schools could suspend a student solely on a teacher's assertion of wrongdoing. Now students will be assured a chance to tell their side of the story through a new Supreme Court ruling that gives all suspended students the immediate right to a formal hearing.

"But the real question is whether suspension is a valid educational tool or not," says Ms. Edelman. She likens suspending a truant to giving alcohol to an alcoholic. Rather than reject problem students she thinks schools should seek constructive ways to help them. "We don't have the right to write off anybody's children," she says.

The Difficult Baby: Who's to Blame?

Parents of so-called difficult, fussy babies often feel like failures.

Actually, parents usually deserve little of the blame—or credit—for an infant's behavior, according to Dr. Stella Chess, a noted New York child psychiatrist.

"Babies are their own people," says Dr. Chess. They are born with individual behavior patterns observable even in the first weeks of life: The "easy" baby smiles readily and soon adopts regular feeding and sleeping schedules; the difficult baby will keep parents guessing about schedules. He or she will exhibit vigorous responses, often negative, to new foods, people and situations.

Parents should try to understand a child's particular temperament and respect it. The parents of a difficult child can only compound the difficulties by reacting anxiously, says Dr. Chess. Such children should be allowed to proceed at their own pace in new situations. Dr. Chess, for example, would not introduce the child to a new crib and a new babysitter all in the same day.

While such infants may turn out to be difficult older children, too, the progression is not inevitable. "The child capable of vigorous responses is capable of being vigorously happy," says Dr. Chess.

Coming Next Month...

Father Power: Making it Work

A special readers' report based on your answers to the *Fathering Questionnaire* which appeared in our January issue.

Do you have ideas or news for other mothers? Write your comments to "Mothering," LHJ, [illegible] Lexington Ave., [illegible] N.Y. 10022

Please Don't Eat the Daffodils

With spring gardens about to bloom, a new generation of nature lovers will blossom with them.

In the eyes of some young children, unfortunately the flowers will look good enough to eat. Each year according to the National Safety Council, 12,000 children are poisoned, some fatally, by eating plants and flowers.

While most are not toxic, a number of common plants, or parts of plants, are. Among them: Apple and peach seeds, buttercup, castor bean, daffodil and narcissus, foxglove, iris, jack-in-the pulpit, larkspur, mountain laurel, rhododendron, oleander, red sage, wild cherry and wisteria.

Ingesting oleander and castor beans can be lethal; the others may cause deep sleep, stomach pains, dizziness, vomiting or convulsions. If your child eats any of these plants call the doctor at once. If the child is conscious (not unconscious) induced vomiting is usually recommended. Survey young children outdoors. Teach them to identify and admire, not eat, the flowers.



The Realities of Life After Birth: Write Us Your Views

"Post partum blues" is the catch-all phrase that describes the emotional letdown many women experience after childbirth. Doctors commonly ascribe it to the hormonal adjustments our bodies undergo following birth.

Chalking up the whole problem to hormones, however, ignores, we think, the other difficult adjustments we undergo—in our lifestyles, marriages and self images—especially after the birth of a first child.

To shed needed light on a complex subject, we ask readers to share their own views on the realities of life after birth. We will report on your letters in a future column. In addition to writing your general thoughts and experiences, please include:

Ages of family members; your feelings during pregnancy on having a child; how your post partum reactions differed with each child; if you held an outside job before childbirth; if and when you resumed a job. Address, at left.

›ince 1955 Crest has helped over 40 million kids prevent cavities.



The Procter & Gamble Company

Over 19 years ago Crest toothpaste fluoride was introduced. And since , Crest has helped over 40 million kids ent millions and millions of cavities. We know Crest's fluoride works because there have been over 20 clinical studies proving it. The kids who have been helped by Crest know it works because they have the good checkups to prove it.

So make sure your kids cut down on treats. Take them to the dentist every six months for a regular checkup and have them brush regularly with a fluoride toothpaste you know you can trust. Have them brush with Crest.

hy trust your family's teeth to anything else?

Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied rogram of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.



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With exclusive "dab-on" applicator & fresh mint scent.



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What's more, Ogilvie's new *dabacurl* minimizes perm odor with a fresh mint-scented waving lotion that's a pleasure to use.

New Ogilvie *dabacurl*.
Beautiful in more ways than one.

OGILVIE
We know how to treat your hair.

MEDICINE TODAY

By David R. Zimmerman

Can refrigerators provide a clue to stomach cancer? Using yoga to lower high blood pressure. The debate over the Dalkon Shield continues—and other medical news

Cooling cancer. Though it's still just a theory, one researcher credits the refrigerator for the dramatic drop in stomach cancer in the U.S. By contrast, in countries where refrigeration is just being introduced, stomach cancer is still widespread.

Biochemist John Weisburger, Ph.D., of the American Health Foundation in New York, used leftover stew in his experiments. He showed that refrigeration slows the breakdown of nitrate, a substance that is naturally present in stew and other foods. The end products of this breakdown can be transformed into potent, cancer-causing chemicals in the stomach. Dr. Weisburger says that by retarding this transformation, refrigeration has spared many Americans from stomach cancer.

Bad news about drugs. In a major study of 8,000 patients, two drugs that lower cholesterol have proven to be worthless when it comes to prolonging life after a heart attack. Dr. Jeremiah Stamler of Chicago found that post-heart attack patients treated with clofibrate or niacin live no longer than patients taking dummy pills.

The American Medical Association has worse drug news for diabetics. Tolbutamide and other popular drugs that lower blood sugar may cause premature death from heart disease in 10,000 to 15,000 U.S. diabetics each year. The AMA says many users of these oral drugs could manage as well on special diets, without risk.

Unnecessary surgery. The medical auditor of two union health plans says that one in every four non-emergency operations recommended to union members was unnecessary. Hysterectomy and "D & C" (dilation and curettage) led the list. Eugene McCarthy, M.D., a preventive medicine expert at Cornell University, says the unions forestalled many of these unnecessary operations by referring members to a specialist before all non-emergency surgery.

Beauty aids. This summer mental health workers in Racine, Wisconsin, will teach beauticians how to spot clients with emotional troubles. The beauticians, professional good listeners, will be taught to listen in a helpful way, and will be coached on how to refer clients to alcoholism therapy or any other community services. A similar course has already been held in Racine for bartenders—who are also traditionally good listeners. However, the mental health workers believe that women who drink, or who have other problems, are more likely to patronize beauty parlors than bars.

Yoga therapy. High blood pressure has been significantly lowered in a group of patients through yoga. Medical practitioner Chandra Patel, M.D., of Surrey, England, taught his patients physically and emotionally relaxing yoga exercises in thrice-weekly, half-hour sessions. After three months, they had blood pressure losses averaging 20 points when the heart was contracting (systolic pressure) and 14 points when the heart was at rest (diastolic pressure). And the patients used fewer anti-hypertensive drugs. These gains were largely sustained in the year after the yoga training by doing the relaxing exercises at home once or twice daily. The biggest problem, according to Dr. Patel, was getting patients to keep up with their regular exercises. He taught them to use everyday irritants—ringing phones and doorbells, and red lights in traffic—as signals to check their tension and *relax*.

IUD argument. The Food and Drug Administration disagrees with one of its advisory committees about the safety of the Dalkon Shield intrauterine contraceptive device (IUD), which has been linked to the death of 15 women. The committee wants the device banned until its safety is proven. But the FDA is allowing sales to continue under a "controlled system," in which records will be kept on each user. Both the FDA and its advisors agree that most IUD's are remarkably effective and safe. The Dalkon Shield is the only currently approved IUD whose safety has been strongly questioned.

De-skunking. A skunk stench can be washed out of a pet's fur with generous amounts of tomato juice, says Los Angeles medical geneticist Kenneth Shaw, Ph.D. In addition, he would not hesitate to use tomato juice, which seems to neutralize the smell, to wash a "skunked" child: "Tell him to close his eyes and pour it on," Dr. Shaw says. "Then put him in the shower!"

End

The Stayfree* mini-pad. Why wear more than you have to?

It's beautiful to be free.
To do what you like.
Wear what you want. And not let your period hassle you. Especially when your period is light.

That's when a Stayfree* mini-pad is all the protection you need.

It's a small, absorbent pad that stays where you put it. No belts or pins to limit your freedom.

No bulges or bumps to limit your wardrobe. And to make sure of your protection it has a moisture-proof lining. Wear it alone on light days and with your tampon on heavy days.

You won't know a Stayfree mini-pad is there and neither will anybody else. And if it's all you need, why wear more than you have to.





DAUGHTERS

By Erica Jong

In a moving and very personal essay, the author of Fear of Flying *writes of women's age-old conflicts: family vs. career, love vs. achievement. Erica Jong shows how our lives could be an example that breaks the chain, so "that the choice not be so harsh" for our daughters.*

Often it seems to me that people who have delayed having children (or never had them at all) think about the whole subject of child-bearing (and child-rearing) far more deeply than those who had children early and automatically.

I was not one of those. When most of my classmates at Barnard (circa June 1963) were getting married and having one, two, three babies in a row, I was certain I had to establish myself as a writer before I even *considered* the matter of children. Sometimes I regret this. Sometimes it seems I could have done both simultaneously. And sometimes I think I was right to wait as I did. But at the time it hardly seemed a choice. The need to establish a career was an obsession with me. I was driven to write, and anything that might stand in my way was viewed with alarm. My own mother had felt great conflict between her passion for her three daughters and her passion for painting—so the example before me was not one that encouraged compromise. I vowed *not* to be frustrated in the way my mother was—so now I find myself frustrated in another way.

Having had some of the fruits of success and fame, having enjoyed parts of it and at other times been driven to exhaustion and despair by it, I am more than ever aware of the need for a personal life—for family, for children, for a man you can laugh with in the kitchen, read with in bed and hug when either of you needs hugging.

One thing the phenomenon of *Fear of Flying* has done for me is to make me more and more aware of how empty life is when it is lived only in public—or only on paper. Of course, the life of a working writer is only "a sort of life" (as Graham Greene calls it) because so many hours are spent at the typewriter with imaginary people. But even so, one needs other things: a home, family and loving relationships. All people need both—the outer achievement and the inner life—but, unfortunately, while men have almost always been able to have both, women, alas, have had to choose. If they were mothers, they usually received so little help in mothering from their spouses that they had to give up the idea of outside achievement—at least while their children were small. If they were career women, they often had to abandon the idea of family because the pressures on them to excel were so great. They had to be three times as good as their male colleagues to advance at all—and, unlike those male colleagues, they had no supportive spouses at home to rear the kiddies and put hot meals on the table while they were out facing the lions (and tigers) of success.

What I would wish most for my unborn daughter is that the choice not be so harsh when she becomes a woman. I hope she will grow up in a world in which men allow themselves to enjoy fatherhood and try to restructure their work institutions so that they can spend more time with their children. I hope she will find a world in which men aren't threatened by women of achievement and in which men are secure enough about their own masculinity not to have to put themselves through exhibitionistic rituals in order to prove it.

What astounded me most about the changes wrought in my life by *Fear of Flying* is the way many men seem to equate a woman's professional competence with a tendency to be domineering—or (to use a jargon word I hate)—"castrating." Again and again I have met men who said to me: "I'm so surprised to find you so unthreatening" or "I'm so surprised you're feminine" or "I'm so surprised you have a soft voice." What were they expecting—a valkyrie carrying a sawed-off shotgun? For a long time I was hurt by these remarks—until finally I came to realize that they were not reflections of *my* character but only reflections of these men's fantasies about successful women. Successful women *had* to be loud, domineering, unfeminine, bellicose. Perhaps unconsciously, these men equated feminine success with sadism, toughness and man-hating.

I would want my daughter to grow up in a world in which this was no longer so. I would want her to be able to be competent in her work and loving to her lovers and friends without feeling any conflict between competence and love. Too often women hide their competence, or handicap their talents, in order to appease the envy of the men they love. Too often women are so afraid of competing with men that they use only a fraction of the talents and energies they have.

Where does the rest of the energy go? Into loving, nurturing and reassuring men (and children). Certainly I have nothing against loving and nurturing and reassuring—but I would want my daughter to grow up into a world in which women get as much of them from men as men get from women. Both sexes need them, and *(continued)*

"Your hair ages faster than you do. 30 minutes with condition* will keep it looking young."

Julius Caruso



ne first thing people notice about you is your hair.

"Your hair grows up to ½" a month. By the time it's 6" long, it's one year old. If you're wearing it shoulder length, you've been wearing the same hair 2½ years. That's a lot of wear and tear.

Sharp bristled brushes, fine toothed combs, harsh shampoos, hot dryers, curlers, hair-sprays actually make the hair shaft wear thinner towards the end.

It splits. It breaks. It frazzles.

When your hair looks older than you are, you look older than you are.

Fortunately, you can help turn back the clock with condition* Beauty Pack Treatment from Clairol. In 30 minutes this intensive treatment starts repairing years of damage.

You see, condition* has 4 times as much protein as any leading conditioner. It sinks right into the protein-deprived gaps in the hair shaft, adding new body and manageability.

It helps mend split ends, so your hair looks smooth and silky again.

And it adds a beautifully healthy shine.

condition* is more expensive than other conditioners, but it's a small price to pay to keep your hair looking young.

After all, if your hair looks young, isn't that half the battle?"







condition*

The 30-minute treatment for mistreated hair.

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Cowboys have ambushed your Broyhill end table.



Woodcrafter's child-proof shine to the rescue.

A simple wipe brings back the shine... no need to re-apply.

When you invest in fine hand finished Broyhill furniture, you should protect it from scratches, fingerprints, smudges and water rings.

That's why Broyhill [illegible] Woodcrafter Furniture Polish with [illegible] Carnauba and Marnauba.

Woodcrafter gives all [illegible] wax protection and child-proof [illegible]

Broyhill makes all the furniture. Woodcrafter makes Colonial Polishes, Co.

it seems unfair that women are so often on the giving end so seldom on the receiving. It also seems unfair that women are so often the only ones chosen to reassure and nurture children. Also, though it's certainly clear that there are differences between the sexes, I don't think the possession of a womb automatically implies an exclusive sex-linked ability to wash diapers, mash bananas and put bandages on scraped knees.

I write this article about an unborn daughter rather than an unborn son because I think the problems between mothers and daughters are infinitely more complex and troubling than the problems between mothers and sons. We live in a world in which women are in conflict about what it means to be a woman—a time of great transition in women's concepts of themselves—and nearly always they pass these conflicts along to their daughters. With their sons they are often more capable of unambivalent affection. With their daughters, women are so intent on doing or undoing what has been done to them by *their* mothers that the relationship is often fraught with false expectations and ambivalences that cause great insecurity on both sides. I think this may be the reason why girl children often get less unequivocal approval than boy children—and consequently grow up less secure. As a result they are more frightened of abandonment and loss of love, more frightened of success, and more apt to give up their personal needs for achievement in favor of being loved by a man.

How many of us had mothers who had resolved the dilemma of work and love and could pass a positive example along to us? Very, very few. I speak to other women who are successful in their work, and what they have most in common with each other (no matter what professions they pursue) is the feeling that they are breaking new ground emotionally, that they have nowhere to look for an example. Usually their mothers stayed home and were frustrated housewives, and *that* alternative they must surely reject (since they know the misery of it so intimately). As an alternative, they try identifying with their fathers—which is all very well on the side of work and achievement, but rarely helps at all with the emotional (and biological) side of being a woman.

No role models to follow

So we are torn. We have no role models to follow. We always feel like pioneers. Half of us is saying: "Be like Mommy and be safe." And the other half is saying: "Be like Daddy and make your mark in the world." But neither really works. Because we know that Mommy wasn't really safe (no one is, of course). And we know that being like Daddy (and sometimes ignoring family, home and children for success, success, success, success) will eventually leave us frustrated and unfulfilled.

How to do both? How to make it psychologically and practically possible for the women of the future (my unborn daughter among them) to fulfill the two sides of their natures? They must have an example before them. And *we* are that example—whether we like to admit it or not. That's why it troubles me when I see so many women of talent and achievement—and so many young feminists—not having children at all. *They* are the ones who can pass along to their daughters the sense that it is possible to do both. *They* are the ones who have the example to set.

Having waited this long to have children, I am in a unique position if I have them. When a daughter comes into my life, she will grow up with a mother who spends at least four hours a day at the typewriter, who lectures at colleges and to whom writing has become utterly second nature. Like all children, she will interfere as much by my *pleasure* in being with her as by her need to be taken care of by me. But what she will get from all this—when she becomes a woman herself—is a *modus vivendi* which seems natural and right. *(continued)*


maui
Oh,
the disadvantages
of our
longer cigarette.
Benson & Hedges
100's
BENSON&HEDGES
100's
Filter Cigarettes
Benson & Hedges 100's
Park Avenue New York
BENSON&HEDGES
Menthol 100's
Filter Cigarettes
Benson & Hedges 100's
Park Avenue New York
20 Class A Cigarettes
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
17 mg. "tar," 1.1 mg. nicotine, av. per cigarette, FTC Report, Oct. '74.

Mommies *do* work at typewriters four hours a day. That will seem like the way of the world to her.

Of course, we can't do all this alone. I know two little girls whose mother is a full-time practicing psychiatrist who works at home, and they once came home from nursery school saying that women were nurses and men were doctors. "But I'm a doctor," their mother said. "You know that." The children were adamant; she *had* to be a nurse. What their classmates told them (and what they saw on television or read in books) had more weight for them than the actual example they saw at home. Clearly then, we need outer structures to change as much as we need to change our own life patterns. The society must support us by altering *its* stereotypes, too. And men will have to be part of this change.

Ah, the question of men! What part do they have in all this—besides providing the occasional lucky sperm that makes it to the egg first? I have always been struck by the fact that so many women of great achievement were either partly raised and educated by their fathers or tremendously encouraged by their fathers: Mary Godwin Shelley, Gertrude Stein, Virginia Woolf—to name just a few. I tend to think that if more fathers played a more active role in educating and encouraging their daughters—rather than being shadow background figures who appear when it's time to pay the tuition bills or pose for wedding pictures—more women would feel an unambivalent desire to excel in their work.

The fact that in most American families the mother is the chief educator and disciplinarian of the young has a number of unfortunate psychological effects on both sexes. First, it allows mothers to act out their own conflicts about womanhood on their daughters. Second, it deprives daughters of the less ambivalent (and often more indulgent) encouragement of doting fathers. Third, it allows mothers to lavish all their doting oedipal love on their sons and so deprive their daughters by contrast. In later life, this also has sad consequences. Women often feel starved for love and approval, confused about the nature of womanhood and ready to sell their souls for love. Men, on the other hand, have had so much (often smothering) attention from overprotective mothers that they fear women and feel trapped by a woman's love.

Opposite demands of sexes

The sexes wind up with opposite demands. *She* wants unequivocal love and reassurance—yet if she gets it, she chafes for freedom. *He* wants his freedom—yet if he gets it, he chafes for unequivocal love and reassurance.

My own feeling about the sexes is that despite biological differences and despite the fact that they express their demands differently, their psychological needs are very much the same. I think we've come to a time in history when it is much more helpful to stress the psychological similarities than to stress the biological differences. Both men and women need freedom and closeness. Both men and women need companionship, are afraid of abandonment, hate loneliness, need fulfilling work, need a comfortable home base from which to face the world and often (though not always) yearn for children. I think there should be an option for either sex never to have children—if they feel they don't want them—but I also think we should recognize that men's longing for children is often just as great as women's. Perhaps even greater at times, since they are unable to have them without women—and human nature always yearns hardest for the unattainable.

Often it seems to me that the need of many men to keep women "in their place" in society stems from men's fear of women's extraordinary biological power and strength. Samuel Johnson once said: "Nature has given women so much power that the law has very wisely given them little." Men intuitively know that unless they effectively handicap women's power and energy, they will be no match for female competence.



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SILK & SILVER® HAIR COLOR LOTION.
Your gray hair can be one of the best things you have.



strength, longevity, intelligence. All of patriarchal society has worked to that end: reining back the creativity of women and channeling all their prodigious energies into child-bearing, tending of the home or farm, nurturing men and children.

Impact on women

At last we are beginning to see the end of that. Now that technology allows us to control our fertility, now that medicine allows us to raise as many children as we bear (rather than having 14 and bearing six—as so many of our great-grandmothers and even grandmothers did), there is no reason for women's social, economic and political power to continue to be as curtailed as it still is.

Even so, we tend to forget that all these basic changes are less than a century old: contraception, control of childhood diseases, safe childbirth, the vote for women, the ability of women to work outside the home—are all developments of the last 100 years or less. We have scarcely begun to absorb the psychological impact of these changes, and certainly our mothers had not time to sufficiently absorb them. We are still not anywhere *near* having equal economic opportunity for women, or equal treatment for women under the law—but as we work for these things, we must remember to remind our daughters how new they all are, how hard-won all these advances were; and we must also teach them to assimilate these changes psychologically. It's all too easy for children to take change for granted. Our daughters will grow up thinking there was always television, always space travel, always birth control, always polio shots, always safe childbirth, always the ability for women to vote and own property and work—unless we remind them.

We have a double problem then: we must teach our daughters what a brave new world this is, and at the same time we must somehow make them feel at home in it. We can help them most by example rather than exhortation. We can help them most by having equal measures of love and work in our own lives, and by trying never to let ourselves sacrifice one for the other. **End**

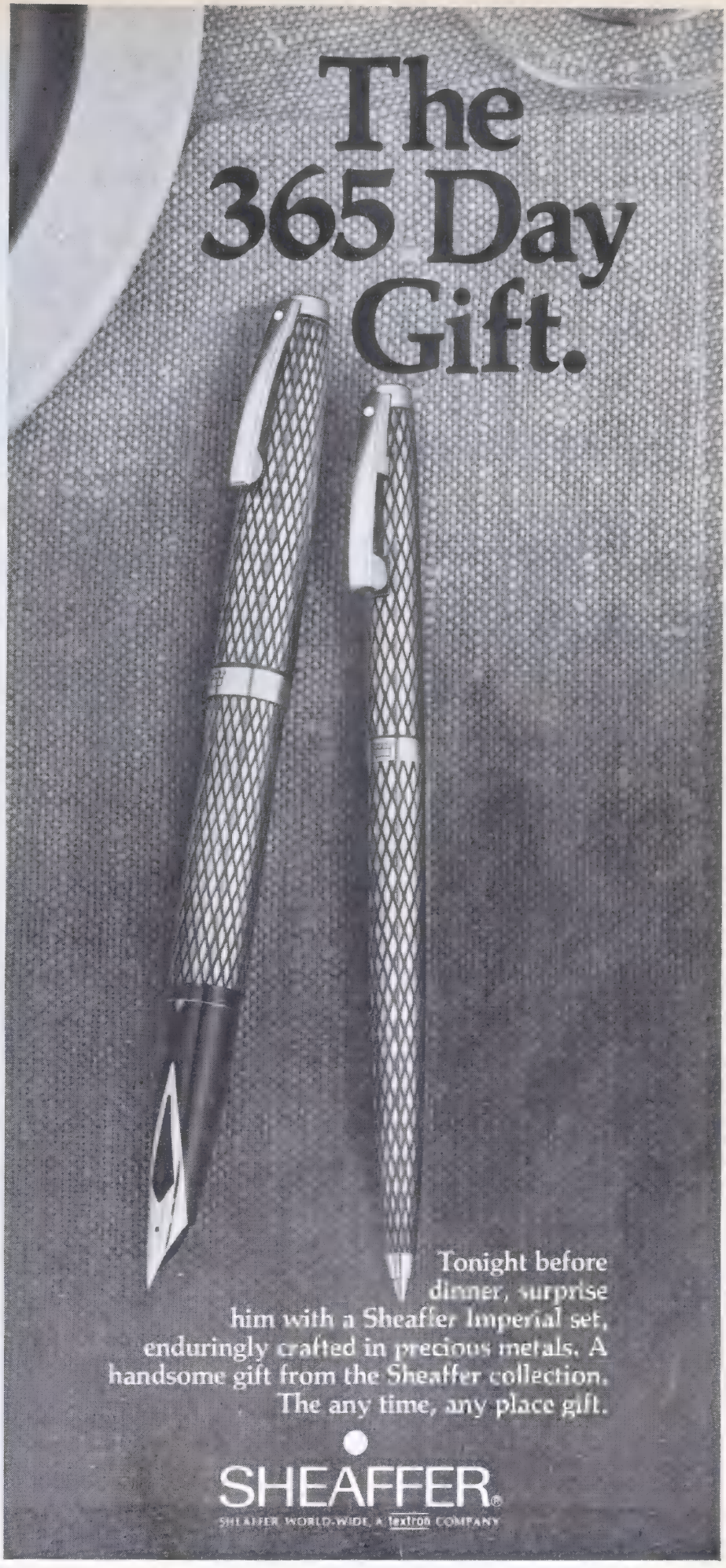
In addition to Fear of Flying, *Erica Jong is the author of:* Fruits and Vegetables, Half-Lives *and* Loveroot *(to be published in June).*

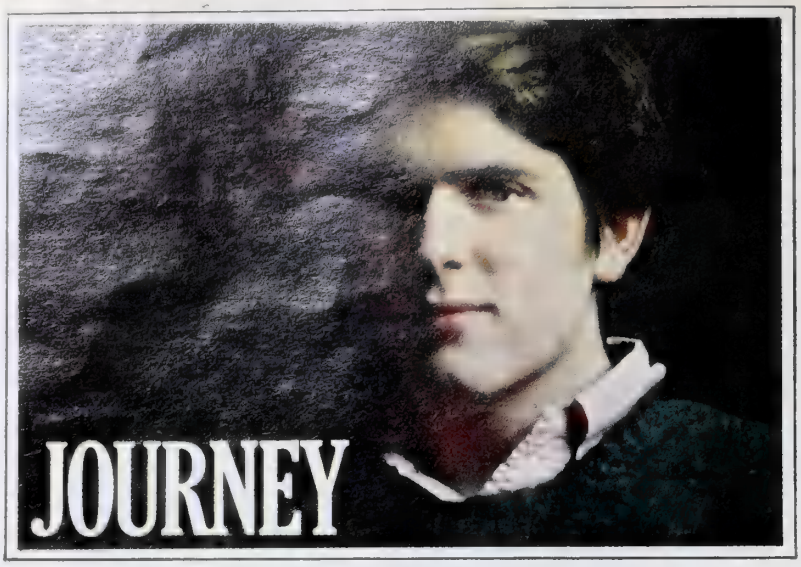
COMING NEXT MONTH!

The shattering story of

JUDY!

Don't miss Gerold Frank's new best seller about the fabulous, star-crossed life (and death) of Judy Garland. Exclusive in the *Journal.*





To watch helplessly as her son suffered such unending pain was almost more than she could bear. Then, mysteriously, inexplicably, she found a way to break the despair that gripped them both. Exclusive excerpt from an inspiring new book. BY SUZANNE MASSIE.

Bobby Massie, now 18 and a student at Princeton University, was diagnosed a hemophiliac when he was five months old. One of the great dangers of hemophilia—absence of clotting factor in the blood—is not the popular misconception of "bleeding to death from a scratch," but the crippling effect of repeated episodes of internal bleeding into body joints.

Robert and Suzanne Massie, who collaborated on the best-selling biography *Nicholas and Alexandra,* have now co-authored a book (*Journey*) about their experiences. In this excerpt, Suzanne Massie describes an episode of joint bleeding that left Bobby unable ever again to run, although he is now a powerful swimmer who swims 3,200 yards a day and lifts weights with his disabled knee.

In 1968, when Bobby was 11, the Massies were able, at last, to travel to France to research a book. The blood clotting factor, or "fraction," had recently been isolated by medical scientists, and it was easy to transport and store. In addition, Robert Massie had learned to give his son "home transfusions," freeing the family from total dependence on doctors and hospitals.

So, although they knew only too well the unpredictability of hemophilia, the Massies decided to take the risk of travel.

It was the beginning of spring in Paris. That morning we were awakened by gypsy organ grinders playing and singing in the street under our windows. From our balcony the children gaily threw coins down into their tambourines. The gardens of the Parc Monceau blossomed in forsythia and tulips; the chestnut blossoms were growing fat. On the pond the swans proudly showed off their downy new families. Immaculately dressed French children played sedately in the sandpiles while benevolent old ladies sunned themselves in their iron chairs and smiled over their knitting.

As I hurried about my errands, shopping for white asparagus, chatting with the butcher, I couldn't help smiling at the buildings with their lacy, forged iron balconies; such was my joy. At last we were living in the city I had loved for so many years. Surely, surely our luck had turned.

Then came the telephone call. It was Bobby. "Mom, I had a little accident in school. My leg feels funny. It's not much, but I think I better come home."

The familiar alarms went off. "Which one?" I asked.

"It's my left leg."

"I'll be right over."

I ran down the stairs and drove to the school. Bobby was waiting outside. He seemed all right. Oh, I thought, nothing dramatic, and heaved a sigh of relief.

"How did it happen?" I asked. Bobby suddenly looked wistful. "I fell, Mom, while I was playing at recess." Then his words came rushing out: "Mom, I'm sorry, I really am. I was running. But the weather was so beautiful and the sun was shining and I just had to run and, well, I caught my toe and fell forward." He looked so ashamed. How well I understood the euphoria of that day! Of course he had felt like running! "Don't worry," I said, "it's not your fault, and it's probably nothing anyway. You just need some rest. We'll elevate it and put some ice on it."

At home, Bobby lay on his bed, and I packed his knee with ice. It was then four o'clock. In less than a half an hour, the knee had puffed badly, so my husband, Bob, gave Bobby a transfusion. But instead of getting better, the knee grew even more swollen and painful. Why? He had just had a transfusion of the new, strong fraction. Perhaps it was not enough? At six o'clock, Bob gave another transfusion twice as strong as he usually gave. Surely that would do it. It did not. By eight o'clock Bobby was tossing from side to side and moaning in pain. The swelling increased, the internal bleeding continued unchecked within the joint. We were shaken. What was wrong with the new fraction—our freedom, our miracle, our solace? Clearly something serious, and we didn't know how to cope with it.

I reached Dr. Josso at home. I was very nervous. It was the first time we had had to call on him, and now it was at night. To make it even more difficult, I knew that he was under no obligation to come; he was no longer a practicing doctor, but an eminent professor in blood research. Yet there was no one else. "Doctor," I said, trying to keep my voice steady, "I'm sorry to disturb you at home, but something is (continued)

Copyright © 1975 by Robert Massie, Suzanne Massie and Robert K. Massie, Jr. From the forthcoming book, "Journey," to be published by Alfred A. Knopf, Inc. Photograph by Herb Bleiweiss.

CHOW, CHOW, CHOW VS. CAN, CAN, CAN.



COST PER SERVING

	PURINA CAT CHOW	SMALL CANNED CAT FOOD
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MONTHLY COST	$2.24	$6.72
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GREAT NUTRITION FOR A LOT LESS MONEY.

If you love your cat and want to feed him a delicious square meal, you don't have to get it from a round can.

Purina® Cat Chow® cat food has as much nutrition as those small canned cat foods. Yet it costs about one-third as much per serving.

Cat Chow tuna flavor costs about $50 a year less than canned tuna cat food. So does liver flavored Cat Chow. And all of our other cat-tempting flavors.

More cats love Cat Chow than any canned cat food. It's the number one cat food in America. But if your cat is finnicky, with Cat Chow there's even a way you can coax him.

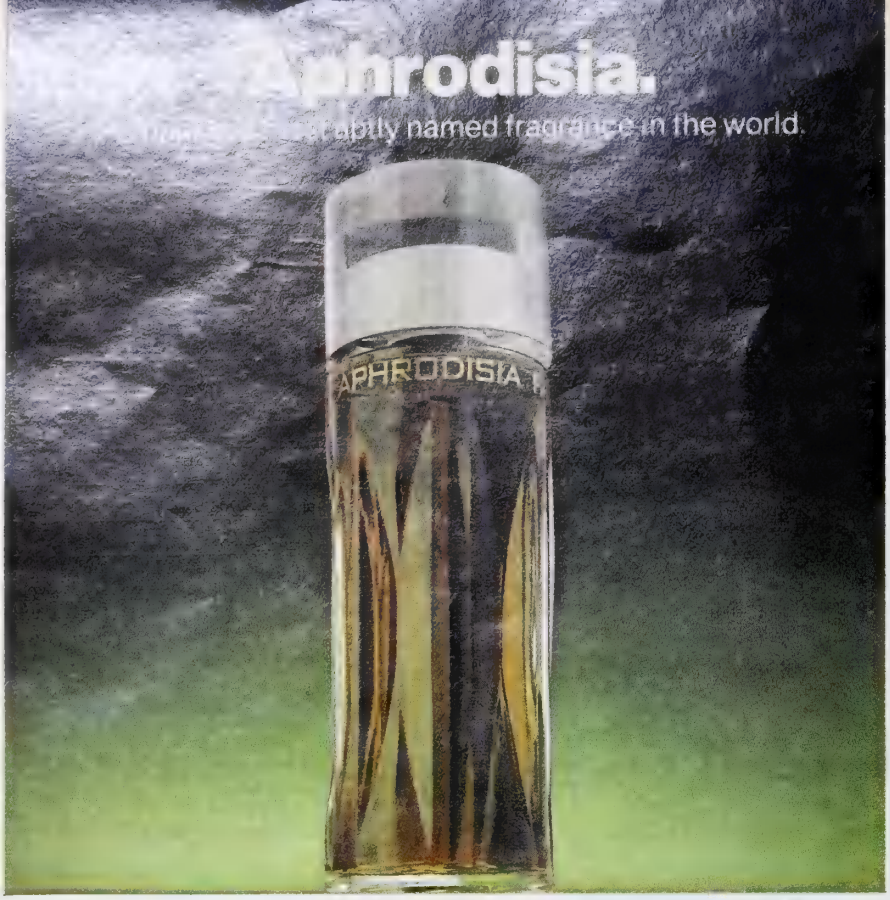
The next time you feed him, mix in a small handful of Cat Chow with his regular canned cat food. For the next 8 days, gradually increase the amount of Cat Chow as you reduce the amount of canned food. On the 10th day, fill up his bowl with nothing but Cat Chow.



If he's like most cats, he'll be a Cat Chow lover for life.

And you'll do the Chow-Chow-Chow all the way to the bank-bank-bank.

For your pet's health . . .
see your veterinarian regularly.



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Fabergé

JOURNEY
continued

really wrong. Will you come? I know it's late . . ." He interrupted me. "Of course. Bobby is a good fellow. I will come to be with my friend."

Bobby was now screaming in pain. I was desperately worried. Already I knew we were in one of those unexplored areas where the disease could buffet us mercilessly with no end in sight. Visions of new months in casts and wheelchair filled my mind. What about school? How could we cope? And here we were in France, far away from all our doctors. We were mad to have tried it. It was already clear that such a severe bleeding, even at best, meant three to four weeks of total immobility, hopes dashed, depression and the spring blighted. If only that were all! But what if it were longer? What if our fragile victory was to be shattered entirely? We should have known, we should have known, I repeated to myself bitterly as I paced the floor, trying to control my thoughts.

In less than 45 minutes Dr. Josso arrived at our door. Composed and charming, he radiated calm assurance. Immediately he went in to Bobby. When he saw him there, lying on his bed writhing and moaning, almost oblivious to us, Dr. Josso's face clouded.

"What pain killers do you have?" he asked. Then very gently he approached Bobby, talking to him quietly, but the knee was so swollen and tight that Bobby would not permit him to touch it. "No, no," he screamed. "Mother, it hurts! It hurts too much!"

"Quickly," said Dr. Josso, "go to the pharmacy and buy some plaster bandages. We must immobilize it; the leg is pulling up."

The leg was already jackknifed and rigid. (Seven more years, I thought. Those endless exercises, those years of therapy, those sandbags carefully measured . . . gone, gone.) "I will try to make a cast," the doctor went on. "I am out of practice, but I will do my best." Swiftly, he wrote a prescription.

down the stairs and rushed to
pharmacy. My mouth was dry,
hands clammy, but my mind was o
again in that clear state of emergen
As I ran through the streets, the hou
I had happily looked at that morni
suddenly seemed cold and foreign.

When I returned, Dr. Josso was
ready in the kitchen, his sleeves roll
up. He plunged the bandages into t
water, and then, his arms covered w
plaster, carried them into Bobby's roo

But as he approached, Bobby tri
to push him away. He gasped hyste
cally, "No casts! No more casts! I ca
stand it." We tried to calm him, but
was impossible. Unhinged with pa
Bobby was at last showing all the h
ror he had felt at being encased
plaster for months at a time since
was six. He had borne it so valiant
with such strength. He had not co
plained. Perhaps he hadn't known ho
But the suffering of those years w
making his present pain sharper.
had to give up. Dr. Josso said, "If
does not want it, he must not have i
Bobby lay there exhausted, moaning.

Dr. Josso and I went into the livi
room. I gave him a scotch, and th
another. He had little to say. "His pa
is unusual. There is no explanation f
it. He may have broken something. I
should go to the hospital for x-ray
We will have to try and stop the blee
ing and then see. Give him transf
sions three times a day. Here are so
more drug prescriptions. You will ha
to start preparing him for the night ea
in the afternoon."

"But so many? What are they for
I asked anxiously.

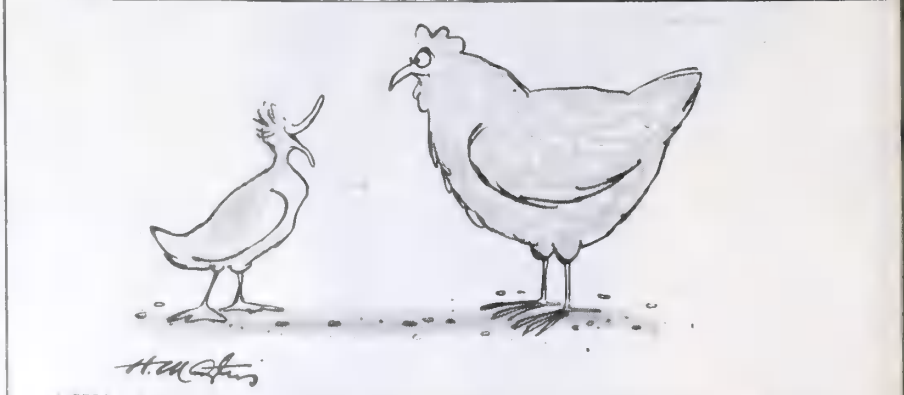
"Well, this one will work on t
knee," he explained, "and this one .
is for the brain."

His slight hesitation, the drop in
voice, made me ask, "What is it?"

"Synthetic morphine," he said.

"How many times?"

"He can have this only twice. T
body chemistry of adolescents is su
that any drug taken may be eas
habit-forming. You have been wise
keep him as free of drugs *(continue*



"Which came first—the chicken salad or the egg salad sandwich?"





Dewy-fresh, delicate and delightful as the pastures and gardens that inspired its name, Cotswolds can add its pastel prettiness to your home.

New from Cannon Royal Family, Cotswolds sprinkles a bed of English flowers across sumptuous towels, no-iron sheets of polyester and cotton percale, and a truly washable quilted polyester/cotton Permapoint™ bedspread. In a palette of the gentlest hues.

Cotswolds. Introduce a look in your home soft enough and sweet enough to inspire a poet.

Cannon Royal Family

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as possible. I will call the surgeon. We will weigh the dangers and advantages of intervention. We will wait three days."

As he left, I thanked him for coming. He said simply, "There is no need. If one has chosen the trade of helping people, one must be available. *Bon courage*." It was nearly two A.M.

I stayed at Bobby's bed throughout that night. The pain came in waves. I tried to hold his hand, to stroke his head. I could not come near his leg, not even place my hand in the air a foot away, or he would scream. The pressure of a sheet was unbearable. And so the night passed until the dawn came gray into the windows and Bobby, nearly unconscious, still cried out.

Early in the morning, Dr. Josso called to tell us he had arranged for x-rays. The doctor thought that, because of the nature of Bobby's fall, he might have cracked the kneecap. It was extremely difficult to move him, but somehow Bob and I managed to get him into the car and begin the nightmarish, two-hour journey to the hospital. Every time Bob had to slow or stop, Bobby would scream in pain. We were frantic. By the time we reached the hospital Bobby was white and drawn. They took an x-ray but found nothing to account for Bobby's excruciating pain. We had to turn around and go back home.

I began the pills at two that afte noon. More hours passed with change. He did not eat, he could n sleep. We continued the transfusion Dr. Josso called in the afternoon, sa and discouraged when I told him the was no improvement. I gave the fir dose of synthetic morphine. Still change. Again that night I began n vigil by his bed. I tried everything. read to him, I talked to him, I playe his favorite records. But the pain co tinued. And so the second long nig passed.

In the morning, the knee was swo len as large as a grapefruit. The pa and drugs had given Bobby double v sion. His eyes were clouded and craze He still had not eaten or slept. Dr. Jos was extremely disturbed over Bobby suffering. It seemed that he could be it even less than we. "We cannot let hi suffer more," he declared. "I have a ranged for a surgeon. If he is not be ter by tomorrow morning, we shall hav to try to intervene." What Dr. Josso wa proposing was a controversial surgic procedure in which a needle is inserte directly into the knee joint to draw ou the blood and relieve the pressure.

We understood all the difficultie When aspirating an actively bleedin joint, there is risk of causing even mo trauma. It was a last-ditch hope. We ha already given Bobby the two permissibl doses of morphine.

I had barely rested for three day That night, Bob made me leave th house for dinner. When I returned, h insisted that I try to sleep, but it wa impossible. I could hear Bobby calling So once again I sat in the dark by th bed, clasping Bobby's hand in despai ing silence.

A surge of decision

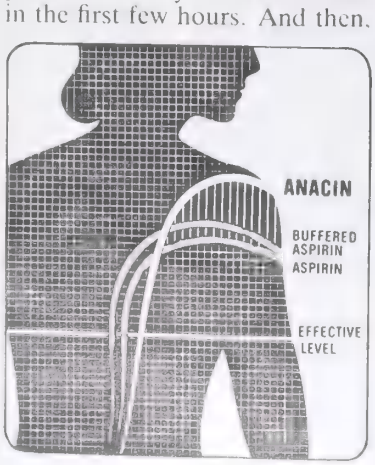
Suddenly, in the middle of that thir night, I felt a strange surge of decisio Briskly, I told Bobby that we were g ing to get up and go into the livin room. There, I would prop him up o the couch and find a way to take th pressure off the back of his knee. I seemed crazy, but during other bleed ings I had tried this, and it had worked And something very strong was pushin me. He cried out, "No I can't," but got his wheelchair and lifted him ont it. It was with great difficulty, for hi pain at the slightest movement was ex cruciating. I rolled him into the dark ened living room. Except for the stree lights shining eerily into the room everything was dark and empty and still. I felt as though we were the only two human beings awake in the city.

Quickly, trying to seem in perfec control, I gave him orders: "Sit there Let me fix the pillow here. You'll see the soft pillow will make it better." He moaned, "Leave me alone, leave me

(continued on page 112)

Arthritis sufferers get a higher level of pain reliever. Enjoy effective relief from both minor pain and inflammation.

Compared with plain or even buffered aspirin, tablet for tablet, Anacin® builds higher levels of pain reliever in your bloodstream in the first few hours. And then, taken as directed, Anacin maintains a level of medication which not only relieves pain but also helps reduce inflammation that causes pain and stiffness. This reduction of inflammation is important to arthritics.



Anacin contains more of this anti-inflammatory medication doctors recommend most than the leading aspirin or buffered aspirin tablet. In minutes, Anacin speeds its relief for inflammation, pain and stiffness throughout your body to give you effective relief, long-lasting relief.

Remember, get Anacin and get effective relief. You will find Anacin is gentle to the stomach and you will enjoy more freedom of movement without pain.

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This Swiss made Stop watch by Zodiac times the action to 1/10 of a second. Yours for free B&W coupons, the valuable extra on every pack of Raleigh.

To see over 1000 gifts, write for your free Gift Catalog: Box 12, Louisville, Ky. 40201.

Filter Kings, 15 mg. "tar," 1.0 mg. nicotine; Longs, 17 mg. "tar," 1.1 mg. nicotine, av. per cigarette, FTC Report Oct. '74



"Gibson packed a 'free Tide' coupon in my new washer. But that's not why I use Tide.

Rona and Regan are. I use Tide because of the dirt Rona and Regan grind into their pants, like when they try to care for the animals in the woods behind our house. Sometimes I soak the worst things, then I just wash in Tide. And Tide gets out that awful dirt. Tide gets my wash really clean. I always use it."

Mrs. Carol Labin, Fairchance, Pa.

This Gibson 18 lb. capacity [illegible] excellent care for any machine washable fabric. The console lets you vary [illegible] and water level for both wash and rinse. And there are special cycles for permanent press and [illegible].

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pac[illegible] loading automatic.



An Intimate Look at the Fords

By Candice Bergen

Here's the story you've heard so much about. The Journal's star photographer reports, in pictures and text, on her unprecedented four days with President and Mrs. Ford

Last August America was ready for an affair. The lucky guy was Gerald Ford. In fact, so ready and willing were we to hail our new chief that when we learned that he made his own breakfast, we were delirious. Never before had so much been made over an English muffin. So eager were we at that time that anyone, short of Attila the Hun, would have seemed like Mr. Wonderful. But Gerald Ford won our affections not by default, but because the new President seemed to be just the sort of man we should be getting involved with after a disastrous last marriage: sincere and sensible, simple and straight-shooting.

In the first rush of romance, America was acting like a gay divorcee. Even the press reported the reaction in romantic terms, calling Ford's first few weeks in the White House a "honeymoon." We were fairly giddy with the prospects. Till President Ford's pardon of Richard M. Nixon. Then, suddenly, the honeymoon was over.

Perhaps not. People are saying the pardon may be reviewed differently in the future, and despite unpopular energy proposals, a recession economy and severe budgets, President Ford seems to be regaining our reluctant affection.

My knowledge of Washington has largely been based on participation in Democratic Party and anti-war functions. Most of Republican Gerald Ford's Congressional votes were consistently cast against all forms of liberal legislation. On the issues, we're at odds. Yet, through the media, I found Gerald Ford and his family personable and sympathetic. If this seems unprincipled, call me spineless. Life no longer seems to me a question of good guys and

(continued on page 116)



Candy and the Fords. For her exclusive photo report ➡

"Susan Ford spoke to me only once. 'When are you leaving?' she asked flatly."



"In the private study where he works and exercises, the President watches a golf tournament on TV. 'Where's my buddy Arnold?' he asks, waiting to see his friend and sometime golf partner, Arnold Palmer. Not much time for golf these days."



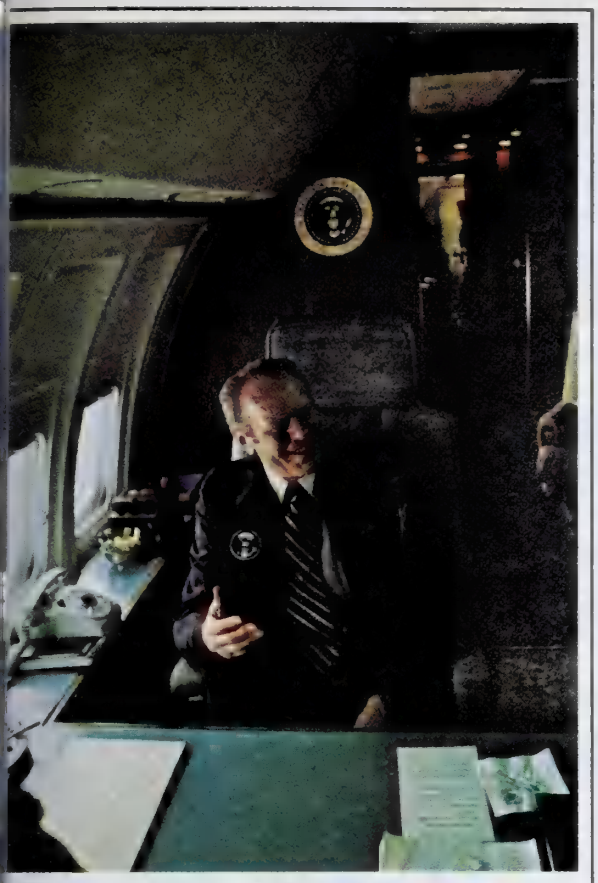
"With Vice President Rockefeller on the way to a foreign policy briefing with Henry Kissinger. Before the meeting Rockefeller, lacking a spoon, off-handedly stirred his coffee with the stem of his glasses. He seemed awed by the President and the Presidency."



"A Sunday afternoon in the Oval Office with Liberty, his Golden Retriever. Richard Nixon's neon-blue rug and sharp lemon fabrics have been replaced by a butter-colored carpet and pale yellow walls. It is a beautiful room—filled with fresh flowers, gleaming silver, a crackling fire—and sunlight. If you have to occupy the highest office in the land, it might as well be this one."



"Reading The Washington Post *in a room adjoining the Oval Office, which he uses as his private office. The President is quiet and slow-spoken, not glib or facile. But he listens thoughtfully and well, dealing with people directly and attentively. Unlike most politicians, he doesn't make you feel he's addressing a convention. He laughs easily, has a relaxed sense of humor, and deals with his new role gracefully and unassumingly, putting those around him at ease. ('Ford is a lovely man, a nice, intelligent man. I really enjoy working for him,' Henry Kissinger volunteers.) The Fords like each other and express it, unlike some long-married couples. Their relationship is not static; it doesn't seem to have stopped growing."*



"The President returns to Washington on Air Force One. With its elaborate communications system, he can contact people almost as easily as from his White House office."

"Mrs. Ford is sharp and savvy, slender to the point of fragility. The White House is no place to recover from surgery. ('We never wanted this. We didn't go after it, but the stigma of the White House has worn off. It started to wear off before the operation.') Though Mrs. Ford seems delicate, she is strong-willed. She has stood by her support of the Equal Rights Amendment, provoking some criticism, but making many proud that a First Lady would campaign so forcefully for women's rights."



Atlanta. Mr. Ford meets with a group of southern Governors in the Presidential Suite. Tables are piled high with Georgian licacies; there are Presidential Seals imprinted in pâté, pastry, even in ice. Governor George Wallace of Alabama is the first an you see. He has a striking, strong-featured face and seems to smolder. He looks smaller and slighter than I had imagined. seems caged in his wheelchair, yet he is surprisingly charming, compelling and clearly the star."





TO MOTHE WITH LOVE

Our idea of a perf
Mother's Day beg
with a kiss from
kids and somethi
lovely to relax in, l
the romantic n
lounge and sleepwe
Whether embellish
with fragile lace or
otic, native embroide
the mood suggests a n
talgic way to esca
from the everyda
Celebrating Mothe
Day here are four bea
tiful and busy you
models who are also t
real-life mothers of t
children photograph
with them. By Tru
Owett, Fashion Edit



Top fashion model Pam Suthern (opposite) cuddles with her 2½-year-old son Adam in an exquisitely hand-embroidered crushed-cotton caftan from Rumania. By Eastern Originals, $100. Adam's double-knit checked overalls and polo shirt are by Carter's. Photographs by Mel Dixon. Hairstyles and makeup on pages 76, 77, 79 by Mark Sephton; 78 by Leonardo De Vega.

Lynn Brooks (above), who recently moved to New York from Oregon to pursue her modeling career, poses with her daughter, Jennifer, aged 5. Lynn's lined cotton caftan with its scroll-like lace yolk is by Bill Tice/ESP, $70. Jennifer's eyelet-trimmed pinafore is by Ceil Ainsworth. These pages, Cannon Royal Family of sheets: Sky Blue, left; Cotswolds pattern above. All prices approximate. Shopping information on page 103.

TO MOTHER WITH LOVE



Model Barbara Sieg (above) and daughter Ashley, 4, greet Mother's Day in romantic long nigh gowns. Barbara's square-necked gown with lacy puffed sleeves is in a soft cotton knit. By Slum bertogs, $20. Ashley's flowery gown is lace-trimmed. Also by Slumbertogs.

Jan McGuire (opposite) a popular model here and in Europe, snuggles with her daughters, Caitlin 2, and Elemy, aged 3. Her long nylon tricot gown with lace-trimmed Juliet sleeves is by Olg $22. The two girls wear frilly slips that look like ballerina's tutus by Her Majesty Industries. Thes pages, Wamsutta sheets: Grandeur, above; Liberty Fern Flower, right. Shopping information on page 1





The sand flies were biting off shore. In the cold blue water they were biting, their large yellow teeth digging into brown flesh until the blood flowed. Jonathan Alexander said so. I remember it well.

You may well ask why anyone should waste time pronouncing Jonathan Alexander in full. But Jon or Alex fell upon deaf ears. It was his rule that it must be Jonathan Alexander or nothing.

"Otherwise," he said darkly, leaning his wet body against our favorite rock, "the sun will never shine again, ever, and the moon will grow smaller and smaller until it becomes the last tangerine left after Christmas. And it will be so ashamed, it will leave the sky and never come back." I used to curl up (continued on page 118)

Illustration by Peter Schaumann

TAKE ME WITH YOU, MR. MOON



She alone understood his private world—where she shared magic and adventure and other precious, important things.

By Berrie Davis



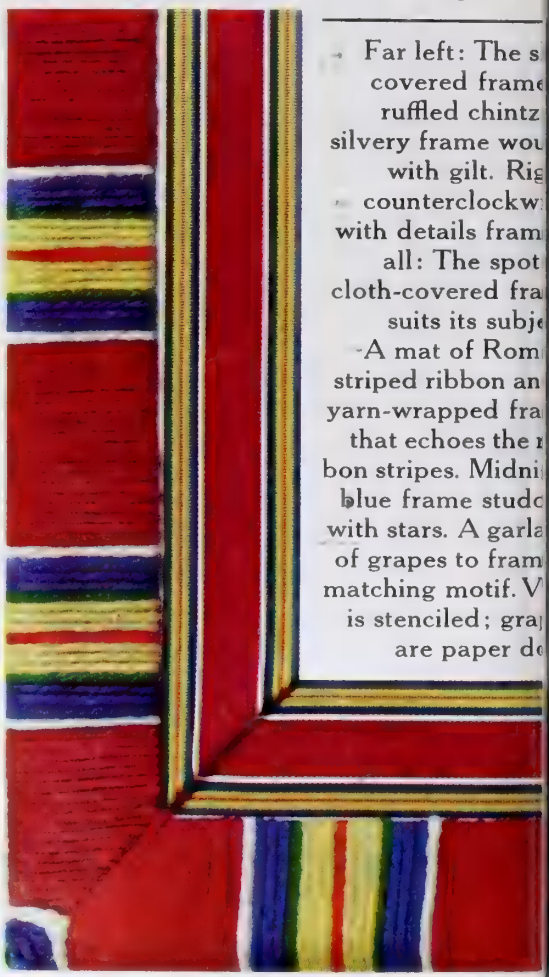


Ladies' Home Journ
Craft Collecti

THI
FRAMI
UI

One picture can more than a th sand other deco ing details in y home. Start with expensive vari store frames and p with fabrics, ya bits of paper a paint. Detailed inf mation on page By Nathan Manc baum, Director of terior Design.





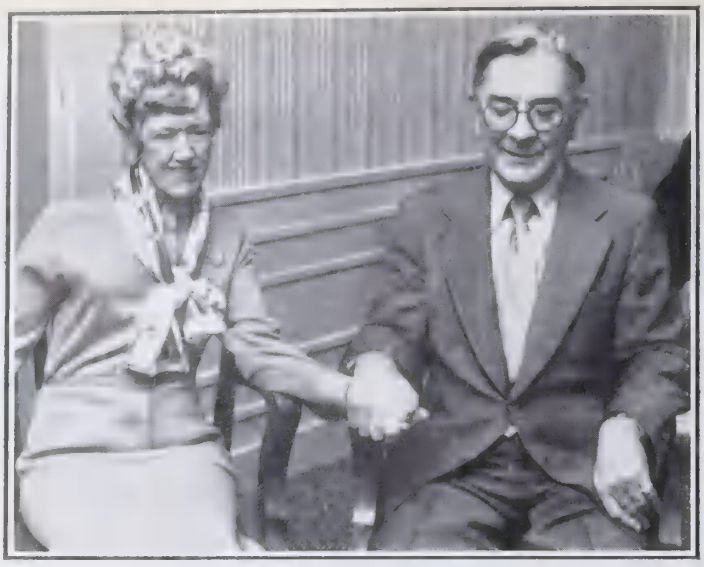
Far left: The s covered frame ruffled chintz silvery frame wou with gilt. Rig counterclockw with details fram all: The spot cloth-covered fra suits its subj A mat of Rom striped ribbon an yarn-wrapped fra that echoes the r bon stripes. Midni blue frame studc with stars. A garla of grapes to fram matching motif. V is stenciled; gra are paper d



Photographs by Victor Scocozza. Frame House Gallery Bird, Animal and Fruits prints.

THE AGONY OF MRS. WILBUR MILLS

At last, all and always a very private person, Polly Mills has had to face the ultimate indignity. Can she salvage her troubled marriage and rise above the pain of public humiliation? By Kandy Stroud



At 2 A.M. on Oct. 2, 1974, Washington police stopped a car for speeding without lights. The passengers were the most powerful man in Congress, Rep. Wilbur Mills of Arkansas, stripper Fanne Foxe and three others—all returning from a long, carousing evening at a nightclub. Mills had a black eye, and his face was scratched and bleeding. Fanne Foxe, frantic at the prospect of arrest, tried to escape by leaping into the nearby Tidal Basin. The news reports were ruinous to Rep. Mills' reputation as the fiscal watchdog of Congress—the cautious, conservative chairman of the House Ways and Means Committee.

A month later, however, apparently unabashed by the squalid publicity, Mills appeared at a Boston burlesque theater and walked onstage to kiss Fanne Foxe. "This won't ruin me," he said. "Nothing can ruin me." Shortly thereafter, he checked into a Washington hospital, suffering from "complete mental and physical exhaustion," and subsequently admitted what some had strongly suspected: that he was an alcoholic.

Stay-at-homes

For Washington, it was a sexual Watergate. For 36 years, Mills, 64, and his wife Clarina ("Polly"), 66, had been regarded as "squares" by capital standards—stay-at-homes who went to bed at 9:30 and whose sole idea of luxury was a three-car fleet of Lincoln Continentals.

Little was (and is) known of Polly Mills. Although she and Wilbur were high-school sweethearts, she once had a career of her own. The daughter of a grocery salesman, she majored in home economics at Galloway College in Arkansas, and served as a U.S. Postmaster for five years before being elected County Supervisor of Schools. But when she married Mills, she gave up her career and, in the time-honored tradition of wives of her generation, buried herself in his.

She was good at the self-effacement required of political wives. She stuffed envelopes during campaigns, sat patiently in Capitol Hill offices and galleries waiting for her husband, and kept a low profile as wife and mother of their two daughters, Martha Sue Dixon and Rebecca Yates. TV newswoman Nancy Dickerson, who has known Mills for over 15 years, knows nothing about his wife. Her impression of Polly is: "a loyal wife," a "granny." She was the ideal Congressional wife—"calm," "a real helpmate," "never pushy."

How does a woman who has made her husband's career the vortex of her life react to public humiliation? Friends and family give the stock replies, praising Mrs. Mills' "self reliance, strength, inner fortitude and faith."

Maybe so. But few women could endure what Polly Mills has been through and emerge unscathed. Other reports indicate that Polly is no Pollyanna but a woman scorned, as human and as hurt as anyone would be.

Since the Tidal Basin incident, she has retreated into seclusion in her 11th-floor apartment in Washington's Crystal Towers. She no longer answers the phone and, according to many, has aged visibly.

Betty Yingling, a friend for 47 years, has not seen Polly "since all this started. She wants to be by herself. She's been through a great deal, and she needs to sift things out."

I went to the Mills' apartment and knocked on the red door. Son-in-law Bill Dixon opened it just a crack. As his three young children tugged at him, he said "I'm sorry, she can't see you. She's just not up to it."

In the background, I could hear Polly Mills' Southern-accented voice on the phone. It seems that Rep. Mills was leaving Bethesda Naval Hospital for a Florida institution. "He needs hankies and socks," Polly was saying. "Can you get them to him for me?"

Some acquaintances say that Mrs. Mills, like her husband, has been drinking too much the last few years. The wife of another Arkansas politician recalls having to come to Mrs. Mills' assistance during a 1971 dinner in Wilbur's honor.

If this is true, it is perhaps not surprising. There are verified reports that, as far back as 1970, Rep. Mills was giving his phone number to Washington strippers. Columnist Les Whitten says Mrs. Mills often accompanied her husband to raunchy burlesque houses—perhaps out of sheer desperation. The strippers recall that she would sit by helplessly as Mills flirted openly with them.

Why didn't she seek a divorce? Intimates say she did leave Mills once, in 1973. She stayed with daughter Martha Sue in Alabama, while Mills moved into his supposed bachelor pad at Crystal Towers. But their daughters got them back together after four months.

Trouble no stranger

Trouble is no stranger to Polly Mills. Fifteen years ago, she had a mastectomy. Last February, a benign tumor was removed from her other breast. She has undergone back surgery, suffers from Bell's palsy (paralysis of muscles on one side of the face) and has survived several minor strokes.

Shortly before that night at the Tidal Basin, Mrs. Mills supposedly broke her foot. This, Rep. Mills said, was why she had not been with him and Fanne. But two days after the incident, a neighbor saw Polly Mills dash through the rain to her car. "You can't run that fast with a cast on. There *was* no cast. She was just protecting Wilbur by saying her foot was broken."

As this was written, Mills was reportedly in an institution near Palm Beach, Fla., a sanatorium that caters to people with emotional problems, including alcoholics. Mrs. Mills had gone to Arkansas for a rest, then planned to fly to Florida to be with her husband—the loyal, expected, "wifely" thing to do. But Fanne Foxe was planning to go to Florida, too. Her manager, John Carmen, claims that Mills wants a divorce and that he sent Fanne three dozen roses when she opened at a Detroit nightclub. Meanwhile, Polly Mills endures, suffering but silent—a tragic symbol, to some Washingtonians, of a life spent in the shadows of someone else's political career. **End**

Short Cuts to a New Look

If you're a long-hair holdout from the Sixties like Susan Karp, 33 (below), it's high time to give up the faith, not to mention the split ends. On these three pages you'll find five great ways to go short that will make you wonder why you fought the scissors so long. By Maureen Lynch, Health and Beauty Editor. 1. Susan hadn't changed her straight, center-parted style in over ten years. About to finish her masters degree in business administration, she didn't want to look like an aging hippie (see bottom left) on job interviews. We cut her hair into a side-parted, chin-length blunt cut. Then we used natural henna to tint her blasé brown a lively auburn. We blew her hair dry, coaxing the ends under. Susan asked us to cut her 6-year-old son Andrew's mane, too. Even he was pleased. Turn the page for more short cuts.



hotograph by Richard Noble. Hair color by Roger, cut and styled by Robert Sachs, both at Sachs Takada Salon, New York. Makeup by Joey Mills of Cinandre. Sweater by Offspring.



More Short Cuts to a New Look

Photographs by Mel Dixon. Hair styled by Robert Sachs of Sachs Takada. All sweaters by Outlander.

ft): This short, short
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u also have some natural
so much the better. If not,
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sides, short at the nape.

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a circular styling brush.

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hair is cut almost
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THE BIG SPRING WRAP-UP

The wrap look is the latest bi fashion winner. It does sensationa things to daytime dresses, part clothes and even pants ensem bles. But best of all, it does great things for the weare We sew up the look in clingy fabrics for the ultimat in flattery. By Alison Beyea, Home Sewing Editor.



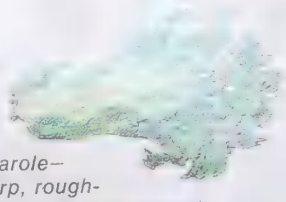
Above: The two-piece dress with a snug-fitting wrap top and sashed waist in a bold landscape print jersey. Simplicity #6788. Rosewood polyester fabric. KJL jewelry.
Right: The long wrap-dress for evening has a big flounced neckline. Simplicity #6099. Rosewood oriental print in polyester jersey. Laguna beads.
Far right: Two-piece evening pajamas feature the wrap top with long, flowing sleeves. Simplicity #6564. Blue Ridge Winkler Qiana jersey. Colo Sandals, KJL jewelry.



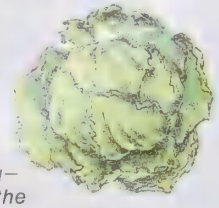
Photographs by John Stember. Backviews on page 103.

SALADS: GREAT GREENS

Bored with the pallid salad? Turn over a new leaf—or several. The idea is to mix new tastes and textures—velvety petals of Boston lettuce, crunchy spears of endive and spicy sprigs of watercress, for example. Discover the great things greens can do for each other. Then add one of our custom-blended dressings. Check our compendium of greens, left, then turn to page 104 for complete salad how-to, including dressings and suggested combinations. They'll bowl you over. By Arlene Wanderman, Food and Equipment Editor.



Escarole—Sharp, rough-textured. A great accent.



Iceberg—Top of the best seller's list. Best bargain.



Leaf Lettuce—Crinkly, delicate. Great to grow in your own garden.



Romaine—Crisp, juicy. Make it a whole salad or mix.



Bibb and Boston—Delicate taste. Goes with everything.



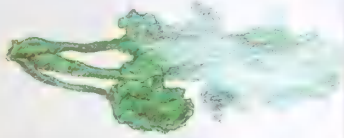
Watercress—Tangy flavor. Small, decorative leaves.



Chicory—Sprightly taste. Feathery leaf.



Belgian Endive—Crunchy, elegant.



Spinach—Try it fresh in a salad. You'll like it.

Photographs by Lynn St. [illegible]. Illustrations by Bill Goldsmith.



SALADS: SUMMER SPARKLE

The molded salad is a sure-fire way to dazzle family and dinner guests. We go a step beyond the classic gelatin mold to generate even more excitement than usual. It all started with some free-form thinking as we glanced around the kitchen. For instance, an opened tin of canned ham caught our eye. The result? The festive Pineapple-Ham Mold (right). More free association suggested other unexpected molds. An ordinary loaf pan produced the Layered Garden Mold (lower right). A fluted pan gave birth to the decorative Strawberry-Orange Mold (below). More glittering ideas are found in our recipe section on page 108.



Strawberry-Orange Mold

Photographs by Lynn St. John



Pineapple-Ham Mold

Layered Garden Mold

BLUE RIBBON RECIPES

Mrs. Mei Ling Rein of Fairfield, Conn., has come up with an easy way to make Chinese buns. They're one of our favorite snacks—and not all that hard to do if you use refrigerated biscuits. If you like them authentically steamed, cook them over boiling water in a tightly covered steamer for 15 minutes.



CHINESE STUFFED BUNS

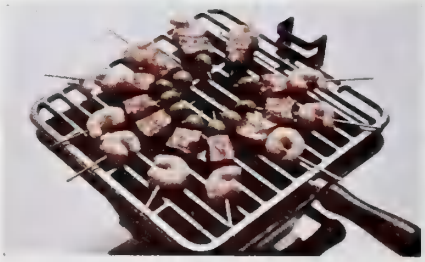
1 lb. rib end of pork loin
1 clove garlic
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon peanut oil
2 tablespoons naturally brewed soy sauce
1 tablespoon sugar
¼ cup cold water
2 tablespoons cornstarch
1 package (8 oz.) refrigerated biscuits (contains 10 biscuits)

Preheat oven to 450°. Rub pork loin with cut clove of garlic. Season with salt and pepper. Place pork loin, fat side up, on a rack in oven. Reduce heat at once to 350°. Roast uncovered for 1 hour or until meat reaches 170° on a meat thermometer. Cool, remove bones and finely chop pork.

Heat oil over medium heat in a large skillet. Add chopped pork and sauté for a minute. Stir in sugar and soy sauce. Cook for another minute.

Blend cold water and cornstarch. Add to mixture. Cook, stirring, until thickened. Transfer to a bowl and let cool to room temperature. *To assemble buns:* Preheat oven to 450°. Lightly grease an 8-in. round cake pan. Stretch each biscuit until it is about 4 in. in diameter. Place 1½ tablespoons filling in the center of each biscuit. Gather the edges of the biscuit around the filling and press together, forming a ball-like shape.

Put the buns in the pan, with smooth sides up and sides touching. Bake for 8-10 minutes until golden brown. Makes 10 appetizers.



Olive Appeteasers welcomed Mrs. Arlin Aragon-Soberano to Honolulu. You'll understand why she loves them when you try this recipe.

OLIVE APPETEASERS

1 lb. lean beef (1 to 1½ in. thick)
1 lb. cooked cleaned large shrimp
1 jar or can (8 oz.) pitted olives
⅓ cup vegetable oil
⅓ cup red table wine or 2 tablespoons wine vinegar
1 teaspoon Worcestershire sauce
½ teaspoon ground black pepper
½ teaspoon salt
⅛ teaspoon garlic powder
Horseradish sauce, prepared mustard or mustard sauce

Barbecue or broil beef to rare or medium rare doneness. Cool and cut into bite-sized pieces. Put beef, shrimp and olives alternately on skewers.

Combine oil, wine, Worcestershire sauce, pepper, salt and garlic powder. Pour over skewers and marinate in refrigerator several hours. At serving time, heat skewers over a small hibachi. Serve with sauce. Makes 24 hors d'oeuvres.

Send us your favorite recipe that [illegible] processed potatoes. We'll pay $50 for the winners. In[illegible] mention of origin. We [illegible] the right to alter recipes [illegible] becomes property of [illegible] Publishing Inc. Entries [illegible] postmarked by May 31. [illegible] Exchange, Ladies' [illegible] Journal, 641 Lexington [illegible], N.Y. 10022.

UPDATING THE EMERGENCY SHELF

We've always favored the good old American Emergency Shelf, that spot in the kitchen cupboard kept well-stocked against the unforeseen. Modern food technology continues to yield little treasures to stack beside the classic canned meats, crackers and bouillon cubes. For instance, we've recently added a large jar of freeze-dried *decaffeinated coffee*, a few little cans of low calorie *fruit*, a box of *salt substitute*, some of the new freeze-dried soups and a can of *tortillas*.

Bountiful Ways to Await the Unexpected. Harvesting the latest crop of new convenience foods, we note some interesting new specimens that could make our emergency stockpile a cornucopia.

Trattoria in a Jar. Adding a jar of the new Ragú *Italian Cooking Sauce* (contains mushrooms) lets you cook pot roast, chicken, fish, eggplant, zucchini, in the Italian manner on very short notice. (And yes, you *can* use it on pasta and pizza.)

Breakfast on the Way. Carnation's new *Breakfast Bars* are a chewable version of their liquid morning meal. Munch them on the way to where you're going. (There are 3 flavored granola bars for granola lovers.)

Strudel Emergencies and Pancake Panics. If your freezer has an emergency section, consider the merits of Dressel's *Twice-As-Nice Strudel*—heats in minutes and hence is the answer to quick desserts. And if you want to pour out a special breakfast treat, Pet Food's new *Easy Jacks* are a frozen pancake batter that defrosts in the refrigerator overnight.



Pound for pound, buying things fresh is not necessarily cheaper. Arithmetic has convinced us to buy two near-staples in their frozen state: • orange juice and French fried potatoes. The 16-oz. can of frozen concentrate costs roughly half as much as you pay for fresh. • Add in cost of oil for frying fresh potatoes; frozen French fries are one-third less expensive.

Drawings: Rainbow Grinder

CONTINUED

New from Campbell! Cream of Onion Soup.







You'll love Campbell's new Cream of Onion Soup. Made rich and reamy and flavored with touch of sauterne wine and a bit of butter. ampbell's new Cream of Onion Soup is great for cooking, too! You'll find onion-sauce irections on the label... nd a leaflet with a dozen recipes on the lid.

M'm! M'm! Good!

149

STORE COUPON

7¢

Save 7¢ on your first can of Campbell's new Cream of Onion Soup.

7¢

Present this coupon to your grocer. He is authorized to allow you 7¢ toward the purchase price of one can of Campbell's Cream of Onion Soup.

GROCER: When all terms of this offer have been fulfilled by the consumer and by you, this coupon will be redeemed by your Campbell representative, or mail the coupon to: COUPON REDEMPTION PROGRAM, BOX 1000, ELM CITY, NORTH CAROLINA 27822, for face value plus 5¢ handling. Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown on request. Failure to do so may, at our option, void all coupons submitted for redemption for which no proof of products purchased is shown.

Subject to state and local regulations. Void if taxed, restricted or forbidden by law; or if presented by outside agencies, coupon brokers or others who are not retail distributors of our products. Cash value: 1/20 of 1¢. **Offer limited to one coupon per purchase. CAMPBELL SOUP COMPANY**



7¢

TAKE THIS COUPON TO YOUR GROCER

JOURNAL ABOUT HOME

PIZZA PARTY: HAVE ONE TODAY



Everybody loves it. It's messy. It's gooey . . . and you should have fun eating it. Wrap table in brown paper, cover with newspaper or with one of the new plastic tablecloths. Give everyone a big oven mitt to protect their fingers; a bright terry kitchen towel for a napkin. Do you want a bit of pizza-z? Foil-line clay flowerpot, fill it with grated cheese, tie pasta in sheaves with ribbon for a centerpiece.

News in Pizza Equipment

Whether you're bringing home pizza, heating a frozen one—or making one from scratch—the news this month is pizza equipment.

- A perfectly plain 12″ round *West Bend* pizza pan costs about $1.49, doubles as an extra cookie sheet.
- *Oster's Super Grill* is a great big (16-inch-diameter) electric griddle with a thermostat that lets you reheat take-out pizza or bake your own in about 10 minutes, then keeps it warm until you're ready to eat. Non-stick. Immersible.
- *Mirro's Porta/Pizzaria* is one of the cleverest gadgets we've seen in a while. It's really a range-top (gas or electric) pizza maker consisting of a ring-shaped base, a bake pan with handles and a cover. Preheat the base with the cover on, then set in the bake pan. Using this method and the special batter crust Mirro has developed, you get the crispest crust this side of a genuine high-powered professional pizza oven.

Breakfast Pizza

By popular demand, widen your pizza horizon with this early morning (or brunch) pizza:

Prepare dough from 1 package (15⅝-oz.) complete cheese pizza mix as package directs. Let rise 5 minutes.

Preheat oven to 425°. Sauté 6 slices bacon in a skillet until crisp. Remove bacon and crumble. Prepare 1 package (12 oz.) hash brown potatoes in bacon fat according to package directions.

Divide pizza dough into 6 balls. With greased fingers spread dough out to 5-in. circles on a greased cookie sheet. Bake in a 425° oven for 5 minutes.

Combine tomato sauce and 1–2 chopped canned green chilies.

Arrange potatoes on pizza dough; sprinkle with bacon; spoon on tomato sauce and sprinkle cheese over sauce. Make a small hollow in the center of each and break a small egg into center. Continue baking in oven for 6-10 minutes. Makes 6 servings.

SHORTWEIGHTING

Caveat emptor . . . "Let the buyer beware . . ." is as true a saying in the modern supermarket as it was in the ancient Roman stall. Underweight packaging is the exception, not the rule, but there's one simple thing we



can all do. WEIGH BEFORE YOU BUY. Supermarkets have scales for customers' use. Find out where they are and use them to check out the things you buy by weight—vegetables and fruits and meats. You may save money.

GREAT DIPS FOR THE BIG DIPPERS

Marvelous for parties, nutritious for casual snacks. Here are two easy dips we love because they are REAL FOOD!

TUNA DIP: Combine 1 can (6½–7 oz.) tuna fish, 1 cup ricotta cheese, ¼ cup crumbled blue cheese, and 1 teaspoon Worcestershire sauce in blender container. Blend until smooth. Stir in ¼ cup finely chopped walnuts and 1 tablespoon freeze-dried parsley. Makes about 1¾ cups.

ANCHOVY DIP: Combine ¼ cup each olive oil and butter, 2–3 crushed cloves garlic and 4 finely chopped anchovy fillets in top of double boiler. Let stand over simmering water for 30 minutes. Serve warm as a dip for celery, carrots, radishes or fingers of toast. Makes about ½ cup.

ALWAYS ON SUNDAY: COOK FOR THE WEEK

Sally Sherwin, of New York, like so many of us, has a busy life that combines homemaking (for herself, and her husband and their 4-year-old daughter) and a job, as a teacher. Day-in, day-out planning and cooking of meals, is not practical so she's decided to do the whole thing all at once. She sets aside Sunday afternoon to do all her basic cooking. "I've clocked myself," she says, "and I can get it done in four hours." Of course this isn't a system for everybody, but we thought it sufficiently interesting to talk to her about—and we pass along her experience to you because it may give you (as it did us) ideas for reorganizing your own work to give yourself more free time.

Scheming ahead

Ms. Sherwin follows the ground rules of good home management. She reads ads during the week, plans menus based on specials, and by week's end has a detailed shopping list ready, which takes advantage of best buys.

What does she cook?

We followed Sally Sherwin into her compact kitchen and listened as she told us her current week's menu plans. Family breakfasts are simple, lunches are eaten out, so the main cooking problem is supper. And she solves that by preparing three suppers in double quantities and serving each twice during the week. Saturday supper is speedy—a three-minute stir fry of leftover (and frozen) sliced beef and frozen green beans served over rice. For Sunday—liver with soubise (onion) sauce and turnip casserole. She cleans and wraps portions of liver and pops it in the freezer.



(The same meal is served Wednesday.) Monday: pork goulash (pork was on special) with sauerkraut and potato dumplings. (It reappears on Friday.) Tuesday: Pasta casserole with butter and grated cheese and a hearty vegetable soup. (Also Thursday.) Ms. Sherwin will hard-cook eggs and prepare carrot and celery sticks for family snacks, mix up two quarts of milk for her daughter (half fresh; half powdered), and sometimes bakes bread or makes her own granola for breakfasts. "Women spend too much time thinking about what to cook tonight," says Sally Sherwin.

ELEBRATE SALAD DAYS WITH CALIFORNIA AVOCADOS AND KRAFT FRENCH DRESSING!

Now is the time to celebrate the goodness of the gar-
n. The time to gather nature's bounty . . . and enjoy!
Celebrate the California Avocado by filling it with
isp young vegetables and dressing it with Kraft
ench Dressing. Kraft blends French Dressing with
ntle imported spices. Just the right complement to a
alifornia Avocado's delicate, nutlike taste.

CALIFORNIA AVOCADO GAZPACHO SALAD

½ cup chopped green pepper
½ cup chopped cucumber
½ cup chopped tomato
2 tablespoons green onion slices
¼ cup Kraft French Dressing
4 California Avocado halves, peeled
Lettuce

Combine green pepper, cucumber, tomato, onion and dressing; mix lightly. Chill. Fill California Avocado halves with vegetable mixture. 4 servings.



ve food from California
California Avocado Advisory Board

KRAFT Division of Kraftco Corporation



Artichokes with Oyster Sauce



Pork Loin Roast with Garlic



Minestrone Soup

Things You Can't Cook Without THE PRESSURE COOKER

Always on the lookout for ways to reduce time pressures for today's pressured housewife-mother-breadwinner, we thought of the pressure-cooker. Taking a fresh look at this often-overlooked device, we found it cooks almost everything up to 10 times faster than conventional pots. (Cooking time for the custard is 3 minutes instead of the usual 30–40.) We als found safety hazards exaggerated. No, you won't end u with spaghetti sauce on the ceiling, but do follow a few simpl instructions. More on pressure cookery with our recipes o page 100.

Photographs by Charles Gold. Presto pressure cooke

To get the best out of a budget meal...



you've got to put the best in.

Minute® Rice and Birds Eye® International Vegetables are two of the best quality brands to keep on hand. Not only do they keep you on your budget...they keep you proud of the meals you serve. Easy meals like Hamburger Rice Oriental. All it takes is a few simple ingredients, a few simple steps, and a few minutes.

Hamburger Rice Oriental

Brown 1 pound ground beef and ¼ cup chopped onion in a skillet. Add ½ cup water, 1½ teaspoons sugar, and ¼ teaspoon salt. Add 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve beef mixture over rice. Makes 4 servings.



SEE COLUMN FOR MORE RECIPES.

Minute® Rice and Birds Eye® International Vegetables. We're doing our best for your budget.

GF GENERAL FOODS KITCHENS

More budget meals from Minute® Rice and Birds Eye® International Vegetables.



Chicken Italiano

Dredge 2½ pounds frying chicken pieces with ⅓ cup seasoned flour; brown well on both sides in 2 tablespoons oil in large skillet. Add ½ cup water and 1 bay leaf. Cover and simmer 30 minutes, or until tender. Place chicken on platter; keep warm. Add 1 package (10 oz.) BIRDS EYE® ITALIAN STYLE VEGETABLES with a Seasoned Sauce and ¼ cup water to the skillet. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve vegetables and chicken with the rice. Makes 4 servings.

Japanese Style Hamburger

Brown 1 pound ground beef with 1 teaspoon salt in skillet. Blend 2 teaspoons cornstarch with ¾ cup water; stir into meat. Add 1 package (10 oz.) BIRDS EYE® JAPANESE STYLE VEGETABLES with a Seasoned Sauce. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve vegetable mixture over rice. Makes 4 servings.

Hawaiian Ground Beef Supper

Brown 1 pound ground beef in skillet. Blend 2 teaspoons cornstarch with ¾ cup water; stir into meat. Add 2 tablespoons catsup and 1 package (10 oz.) BIRDS EYE® HAWAIIAN STYLE VEGETABLES with Pineapple with Seasoned Sauce. Bring to a boil, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 2 minutes. Meanwhile, prepare 4 servings MINUTE® RICE as directed on package. Serve vegetable mixture over rice. Makes 4 servings.

For additional recipes, see Minute® Rice and Birds Eye® International Vegetable packages.

PRESSURE COOKERS

continued from page 98

Tips on Cooking Under Pressure

Home-brewed soup in 15 minutes? Succulent beef stew in 30? How does the pressure cooker manage to magically reduce cooking time for such usually slow studies? The secret lies in steam-tight cooking conditions combined with increased temperatures. Steam produced by the cooking liquid builds up, creating from 5 to 15 pounds of pressure. At the same time, the temperature rises to 250°, rather than the usual 212° of a stove-top saucepan, shortening cooking time by approximately one-third.

The pressure cooker is impressively versatile. It is ideal for preparing economical cuts of meat that require long cooking times such as spareribs, stew beef or for turning bits of bones and scraps into concentrated soups and stock in a matter of minutes. Most vegetables are also ideal candidates for the cooker. Because of shorter cooking times and the small amount of water used, they retain more of their original taste, vitamin and mineral content. Large pieces of meat, such as corned beef, can also be pressure cooked.

If you are in the market for a new pressure cooker, you'll find a considerable choice in price and style. Prices range from $15 to $60, depending on size and materials used. Lower priced cookers are generally made of medium-gauge stamped aluminum. Higher priced are the heavy-gauge cast aluminum or stainless-steel models. Newest are the electric models. The larger sized pressure cookers are more versatile since you can cook both large and small quantities in them. Also recommended: a cooker-canner with a weighted control or dial gauge, which allows you to drop the pressure from the usual 15 pounds to 10 pounds of pressure suggested for canning vegetables.

Cooking successfully with a pressure cooker doesn't require any special knack. It does require an initial careful reading of the manufacturer's directions. Accidents of consequence are unlikely because the safety valve is designed to release before cooker becomes overheated due to lack of water or clogged vent pipe. In general never fill the cooker more than two-thirds full of solid food or half full of liquids, rice or dried vegetables. Avoid cooking applesauce, rhubarb, cranberries, split peas, pea soup, pearl barley and pastas. These foods tend to foam, froth, sputter, and may block the vent pipe. Since pressure-cooked foods retain their original flavor more than stove-top cooked foods, you may need to season them less than usual. Always be sure to check the cooking time carefully to avoid over-cooking. A stop watch or alarm helps.

It is relatively easy to adapt your own favorite recipes to the pressure cooker. Check the few rules of thumb below and read the instruction manual provided by the manufacturer.

- Use less water for pressure cooker recipes. Because cooking time is shorter, less water evaporates than usual. Vegetable dishes need only small amounts of water, but you will need a minimum of ½ cup of liquid in the pot to produce sufficient steam.
- Reduce cooking time by approximately one-third.
- Once most foods are cooked, simply turn off the heat, cool cooker at once by placing it under cold running water. When no steam spurts out when pressure gauge is moved slightly, take off pressure gauge and remove top. The exception is for large, solid meats. Turn off heat and let pressure drop of its own accord before removing cover from pot. This additional time, about 5 minutes, must be reckoned into the total cooking period.
- Foods such as roast, chops or custard can be placed on a rack in the pressure cooker to avoid direct contact with cooking liquid.
- If you would like to crisp the exterior of meats done in the pressure cooker, place them under the broiler for a couple of minutes before serving.
- In high altitude areas, increase cooling time by 5 percent for every 1,000 feet over the first 2,000 feet.



Pressure cookers, top row, l. and r.: Seb and Wear-Ever. Bottom row: Presto and Mirro-Matic.

STRAWBERRY CUSTARD

pictured on page 98

A great time-saving here: 3 minutes against the oven way of 40. And the finished custard is fool-proof good.

1½ cups milk
3 eggs
½ cup sugar
½ teaspoon vanilla extract
¼ teaspoon almond extract
½ cup water
4 teaspoons dry sherry
Fresh strawberries or strawberry jam
½ cup whipped cream

Scald milk. Beat eggs slightly with wire whisk; add sugar and blend. Add scalded milk to egg mixture, stirring to mix thoroughly. Add vanilla and almond extracts.

Pour mixture through strainer into four (6-oz.) custard cups or ramekins. Cover with aluminum foil or several layers of waxed paper securely tied with string.

To cook in pressure cooker: Place ½ cup water and cooking rack in pressure cooker. Arrange 3 cups or molds on the rack that came with your cooker, then a second rack and a second layer of cups or molds. (If you don't have a second rack, one can be fashioned from a disposable round aluminum pan— just pierce holes in the bottom of the pan with tines of fork or point of knife.) Pressure cook 3 minutes at 15 lb. pressure. Cool pressure cooker at once. Cool custards.

Float a teaspoon of sherry over each custard and place a fresh strawberry or strawberry jam on top. Decorate rim of the custard with a garland of tiny whipped cream rosettes piped from a pastry bag fitted with a very small star tube. Makes 4 servings.

MENU NOTE: Serve with lemon-broiled chicken, buttered Pascal celery with rosemary, oven-browned new potatoes, lettuce and cress with grated carrot, and coffee.

(continued)



Almond Vegetables Mandarin

Toss in a helping handful of BLUE DIAMOND Almonds!

Add a few almonds, cook vegetables the stir-fry way, and suddenly old standbys like carrots and cauliflower turn into something sensational.

Tossing in a few almonds as you cook is so easy and so rewarding. Almonds add a pleasant crispness, fresh eye appeal and a nice nutty flavor to everything from appetizers to desserts.

And remember, for choice, fresh almonds, look for the Blue Diamond brand on tins and cello packs, from the Almond People in California.

ALMOND VEGETABLES MANDARIN

- 1 cup thinly sliced carrots
- 1 cup green beans cut about 1 inch
- 2 tablespoons salad oil
- 1 cup thinly-sliced cauliflower
- ½ cup sliced green onion
- 1 cup water
- 2 teaspoons chicken stock base
- 2 teaspoons cornstarch
- Pinch garlic powder
- ½ cup unblanched whole almonds

Cook and stir carrots and beans with oil in skillet (or electric skillet) over medium high heat 2 minutes. Add cauliflower and onion; cook 1 minute longer. Add mix of water, chicken stock base, cornstarch and garlic. Cook and stir until thickened. Vegetables should be crisp-tender. If they need further cooking, reduce heat, cover and steam to desired doneness. Add almonds. Recipe may be doubled only; do not make larger quantity at one time.

Makes 4 to 6 servings.



The Almond People
California Almond Growers Exchange
P. O. Box 1768
Sacramento, California 95808

For a copy of "Treasury of the World's Best Almond Recipes" (100 great recipes), Send 50¢ to: Dept. LHJ, P. O. Box 651, San Francisco, CA 94101

STUFFED ARTICHOKES
pictured on page 98

You'll save half an hour here if you use the pressure cooker. Add the oyster stuffing or eat with melted lemon butter.

3 artichokes
Juice of ½ lemon
½ cup water
1 tablespoon vegetable oil
Oyster Sauce:
3 tablespoons butter or margarine, melted
1 tablespoon finely chopped onion
½ clove garlic, crushed
3 tablespoons flour
1 cup half & half
½ teaspoon salt
⅛ teaspoon nutmeg
Pinch cayenne pepper
1 can (8 oz.) oysters or mussels, drain and reserve liquid
2 tablespoons dry sherry (optional)

Wash artichokes. Cut off the stems with a sharp knife, leaving flat bottoms which permit the artichokes to rest flat on a plate. Rub the bottoms with lemon juice. Break off the lowest row of tough leaves around the base and trim the tips of the other leaves with scissors. Cut off the top ¾ in. of the artichokes. Rub all cut portions with lemon juice. *To cook in pressure cooker:* Put ½ cup water, remaining lemon juice and oil in pressure cooker. Put artichokes on cooking rack.

Pressure cook 10 minutes at 15 lb. pressure. Cool pressure cooker at once. Turn artichokes upside down to drain. *To prepare oyster sauce:* In melted butter or margarine in a small saucepan, sauté onion for several minutes until tender. Add garlic. Stir in flour; cook for 1 minute. Remove from heat and stir in half & half, salt, nutmeg, cayenne pepper and liquid drained from oysters or mussels. Return to heat and bring to a boil, stirring constantly. Add oysters or mussels and sherry; heat through. Makes 2 cups sauce.

To stuff artichokes: Gently spread open the upper leaves and with your thumb and index finger, remove the choke. Carefully scrape away the thorny growth over the tender bottom of the artichoke with a teaspoon without removing any of the meaty part of the bottom.

About 5–10 minutes before serving time return the cold artichokes to a pot of boiling water and simmer until just heated through. Drain thoroughly, and set each artichoke in the center of a serving plate. Carefully spread the leaves of the artichoke and pour hot oyster sauce into the center of each artichoke. Serves 3.

MENU NOTE: Serve with roast leg of spring lamb, new potatoes or baked with parsley butter, vegetable medley, bowl of crisp greens, assorted dressings, sauterne wine and daffodil layer cake.

ROAST PORK WITH GARLIC
pictured on page 98

This cooks in about half the time of oven-roasting and the cooked roast will be much juicier.

3 lb. pork loin roast
¼ cup garlic cloves
1 tablespoon vegetable oil
1½ cups milk, scalded
½ cup water
1 medium onion, quartered
1 bay leaf
1 teaspoon salt
¼ teaspoon white pepper
3 tablespoons flour dissolved in ⅓ cup cold water

To make carving easier, have butcher saw the chine (back) bone of roast down to and almost through the rib bones.

Put some slices from 2 cloves of garlic between backbone and meat. Using a pointed knife, make pockets in the covering of fat on top. Into each of these gashes, place remaining slices from 2 cloves of garlic.

To cook in pressure cooker: Heat pressure cooker. Add oil; lightly brown pork roast. Drain off excess fat. Add milk, water, onion, bay leaf, salt, pepper and remaining garlic cloves to pork roast. Pressure cook 45 minutes at 15 lb. pressure. Let pressure drop of its own accord.

Remove roast to heated platter. Strain hot liquid from pressure cooker into a small saucepan. Gradually add dissolved flour. Bring gravy to a boil, stirring until thickened. Serves 4–5.



MENU NOTE: Serve with sweet potato roquettes, fresh asparagus, molded ranberry salad, vanilla parfait.

MINESTRONE SOUP
pictured on page 98

ou'll save over an hour on this one. ood for hearty Sunday supper.

⅓ cup dried navy (pea) beans or chick peas, soaked overnight in 5 cups water
slices bacon, chopped
⅓ cup chopped onion
cup diced carrot
can (8 oz.) tomato sauce
clove garlic, crushed
¼ teaspoons salt
¼ teaspoon pepper
cup spaghetti twists
½ teaspoon dried basil
½ teaspoon dried thyme
cup frozen cut green beans
tablespoons grated Parmesan

To cook in pressure cooker: Fry bacon in pressure cooker until lightly browned. Add onion and sauté until transparent. Add beans or peas with soaking water, carrot, tomato sauce, garlic, salt and pepper. Pressure cook 25 minutes at 15 lb. pressure. Let pressure drop of its own accord.

Add spaghetti twists, basil and thyme; bring to a boil and cook uncovered according to package directions—about 15 minutes.

After 8 minutes add frozen green beans. Serve soup garnished with grated cheese. Makes 1½ quarts.

MENU NOTE: Serve toasted Italian bread, antipasto tray, biscuit tortoni and Chianti wine.

HOT SOYBEAN SALAD
pictured on page 116

Bean recipes like this really show off pressure cooker efficiency. A good go-with for any roast.

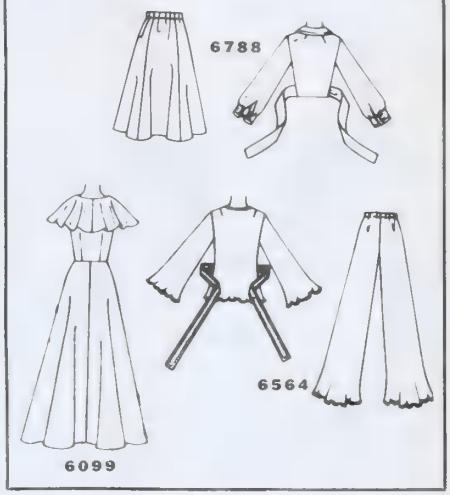
½ lb. (1⅓ cups) dry soybeans
5 cups water
1 tablespoon butter or margarine
1 chicken bouillon cube
1 teaspoon onion salt
⅛ teaspoon garlic salt
⅛ teaspoon white pepper
½ lb. (2½ cups) sliced mushroom
1 green pepper, cut into 1½ x ¼ in. strips
⅔ cup chopped onion
3 tablespoons olive or vegetable oil
1½ teaspoons dried dill weed

continued on page 116

PATTERN BACKVIEWS

See pages 88-89

All yardages for size 10
Simplicity #6788 Misses' two-piece dress. 8–16 sizes. $1.50. Top requires 1⅝ yds. 60" fabric, skirt requires 1⅜ yds. 60" fabric. Fabric shown, 100% polyester jersey by Rosewood.
Simplicity #6099 Misses' one-piece long dress. 8–16 sizes. $1.25. Requires 3⅛ yds. 60" fabric. Fabric shown, 100% polyester jersey by Rosewood.
Simplicity #6564 Misses' two-piece pajama ensemble. S (8–10), M (12–14), L (16–18) sizes. $1.25. Top requires 2⅛ yds. 45" fabric, wide leg pants require 2½ yds. 45" fabric. Fabric shown, 100% Qiana nylon jersey by Blue Ridge Winkler.



Journal Shopping Center

DECORATING: THE FRAME-UP
PAGES 88–89: Limited edition collector prints by The Frame House Gallery, Inc., 110 East Market Street, Louisville, Kentucky 40202, are: American Redstart; Impala, by Roy Harm; Jaguar, by Richard Evans Younger, and Grape (which sold only in a pair with a Pomegranate print of the same dimensions). The "print" in the yarn wrapped frame is part of a placemat in Double Arches design by Vera. The reproduction of the polychrome angel was found in a local print shop

FASHION: TO MOTHER WITH LOVE
PAGE 76: EASTERN ORIGINS hand embroidered caftan. At Bloomingdale's, all stores; asta de blue, Philadelphia; Boutique Unique, Boca Raton, Florida; Ultimo, Chicago; Opus 204, Seattle; Kalonaki, San Francisco; Jean Harris, Arts & Apparel, Danville, Ca. CARTER'S toddler boy's double-knit checked coverall, $5.50. At Abraham & Straus, all stores; Jordan Marsh, Boston; Cherry & Webb, Providence, R. I.; Emporium, San Francisco.
PAGE 77: BILL TICE ESP. A Savour Co. lined cotton caftan. At Elizabeth Arden, all salons (New York, Washington, D.C., Miami, Chicago, Phoenix and Los Angeles); Sakowitz, Houston. CEIL AINSWORTH girl's pinafore dress (4–6x). At Cerutti, New York; Bambola dept. at Bonwit Teller, Beverly Hills.
PAGE 78: Mother's SLUMBERTOG'S lace trimmed, square necked nightgown. Available at B. Altman's; Hahne & Co., Newark, N.J.; Neiman Marcus, Dallas and branches. Child's SLUMBERTOGS floral nightgown $10. At Sak's Fifth Ave., all stores; Strawbridge & Clothier, Philadelphia; Sakowitz, Houston.
PAGE 79: OLGA nylon tricot gown. Available at Lord & Taylor, all stores; Kaufmann's Pittsburgh; Bullock's Southern California. HER MAJESTY girl's frilly slips (t2–4). $4. At Silbey's, Rochester; Goldsmith's, Memphis.

Pineapple packed in its own juice.



No sugar added. At Dole, sweetness comes naturally.



It's only natural that fresh fruit should meet the freshness of Philadelphia Brand Cream Cheese from Kraft in this Philly and fresh fruit pie. It's a dessert that demands the most from fresh flavor and only Philadelphia Brand will do. It's guaranteed fresh when you buy it or your money back from Kraft. You get what you pay for.

Fruit Pizza

18-oz. pkg. Pillsbury Refrigerated Sugar Slice 'n Bake Cookies
8-oz. pkg. Philadelphia Brand Cream Cheese
⅓ cup sugar
½ teaspoon vanilla
Assorted fruits
½ cup Kraft Pure Orange Marmalade
2 tablespoons water

Cut cookie dough into slices ¼-inch thick. Line 14-inch pizza pan with cookie slices, overlapping slightly. Bake at 375° 12 minutes. Cool. Combine softened cream cheese, sugar and vanilla, mixing until well blended. Spread mixture over cookie crust. Arrange fruit over cream cheese layer. Glaze with combined marmalade and water. Chill. Cut in wedges to serve. 10 to 12 servings.

KRAFT Division of Kraft Inc.

SALADS: GREAT GREENS

continued from page 91

How to buy greens. Common sense tells you to look for fres ness in all cases. Avoid wilted anything. Despite what so people say, greens cannot be refreshed. One reason to l come familiar with many types of greens is so that you c always pick the freshest.

How to store greens. If reasonably fresh when you buy the most greens will keep for a week or more in the crisper se tion of your refrigerator. Wrap in plastic wrap or put in ba after pulling off any damaged or unusable outside leaves. greens start to "turn," use them up quickly.

How to clean. All greens must be carefully cleaned, even t tender inner leaves. Most are grown in boggy or sandy soi and it's amazing how persistent sand can be. Separate t number of leaves you think you'll need from heads or bunch and wash thoroughly under cold running water. Then wa again. Shake off excess water, then dry by resorting to a one of several further steps: a wire basket you put leaves and then shake and twirl—outdoors is best; layer and p between paper towels; invest in a spin-dry salad basket th whirrs leaves till dry. We have always resorted to the slight time-consuming, but absolutely foolproof, means of wipi each leaf individually in paper towels. The whole point drying is so that an oil and vinegar-based dressing will cli to the leaves and not settle to the bottom of the bowl, repell by water. Oil and water don't mix, remember?

How to prepare. Once washed, if you're going to eat rig away, tear leaves into bite-size pieces in salad bowl, add g withs, set aside in refrigerator till ready to dress. Do not ad dressing until time to eat; otherwise, greens will wilt. When comes time for the salad course, pour dressing over gree and toss thoroughly . . . and then toss once more. If you li to work ahead, you can wash and dry greens before mea time and store them in a plastic bag in the refrigerator crisp Tear into pieces at serving time. Some people make a big fu about tearing greens versus cutting, saying that cutti bruises the tender leaves. We tear because we think it loo better. If you cut, best use a stainless knife.

What about go-withs? We're all in favor of adding interest green salads, but with a light touch. Greens must be the pri cipal interest. When thinking of additives, think color an texture, as well as taste. A few red radishes are always a tractive, as are red peppers and fresh tomatoes, if they' vine-ripened. Other possibilities are almost limitless: mus rooms, green peppers, celery, carrots, capers, Chinese ca bage, cooked beets, summer squash, red onions, cucumber green or wax beans. The list goes on and on. It's fun to m . . . but remember, the star is always the mixture of greens.

How much salad to make? An extremely difficult question answer. With most people it's instinct, though more ofte than not people end up with too much. Our suggestion is use a large measure (a 4-cup if you have one) several tim until you settle on the right amount. You'll soon get a feel f three leaves of this and two of that, with maybe half of a other. Or, if you use the same bowl all the time, you'll g used to seeing how it fills up. On average, we've found that four-cup measure of greens will be enough for three peopl

What to serve in? We're very much in favor of the HUG salad bowl—be it wooden, glass, ceramic, Lucite. The who point of salad is that it be well mixed, and it's impossible mix in cramped space. Big bowls needn't be expensive. B the way, ignore those people who say you don't need wash a salad bowl: of course you do, otherwise it'll turn ra cid. Along with the large bowl go to the large tongs,

spoons or forks, or whatever you like to toss with—a friend of ours uses narrow spatulas. Dig down when you toss, but don't try to toss the whole quantity.

When to serve? Our favorite time for salad is as a separate course, after the entree. This does two things: First, it gives salad the emphasis we feel it deserves, as something to be relished for its own delight. It also prolongs the relaxed atmosphere we like at the dinner table. Two, if you're serving wine, as more and more people are these days, serving salad later means you avoid the problem of mixing vinegar (in the dressing) with wine. Of course, if serving salad separately becomes a problem, serve it with the entree; better than not at all. Mix salad at the table—people love to watch. And teach your children how—it's one of the earliest and easiest ways they can learn to show off.

The following are the most common types of salad greens:

Iceberg or head lettuce. Best-selling of all the salad greens, almost always available and is usually a good buy. Leaves form fairly compact heads; select ones that are firm but not brick-hard, and avoid any that are "rusty." Its bland flavor and crispness is an advantage when mixing in other greens and go-withs and strong-flavored dressings.

Bibb and Boston lettuce. Both are wholly different from iceberg, part of the so-called butterhead family. Heads are loosely formed (looking like a full-blown green rose) and leaves are less crisp than iceberg. The sweet flavor is delightful, however, with a silky smooth texture. We think this is one of the aristocrats of the lettuce world, deserving far wider use than it now gets. The name Bibb, by the way, comes from John Bibb, 19th-century pioneer, who developed the strain.

Romaine or Cos. Dark green outer leaves and golden-yellow inner ones form loaf-shaped bunches. The whole leaf appears coarse and the spines are prominent; in fact, romaine is quite tender and crisp and has a robust taste that takes particularly well to an oil and vinegar dressing.

Leaf lettuce. A loosely gathered bunch of yellow-green leaves with ruffled edges—one of the most attractive of the greens. Medium crisp with an earthy flavor that always avoids bitterness, it goes well in almost any mixture.

Chicory. Narrow, sharply ragged leaves, gathered in loose bunches. Usually sold by the pound—ask your green-grocer to sell you half a bunch since a little bit goes a long way. Flavor is quite bitter but makes a sophisticated accent to any salad. Stores well for a fairly long time.

Escarole. Leaves gather in very loose bunches and are smooth with wavy edges. Tips may be split into three points. Has a crisp texture and is a bit chewy with a pleasant bite.

Belgian endive. Looks like a fat cigar, with tightly wrapped leaves of the palest yellow-green bleached. One of the most sophisticated greens, quite expensive and delicious—smooth texture, zestful flavor. Good as a salad, but just as good as a vegetable, braised.

Spinach. No mystery here. Stop thinking of it strictly as a vegetable. Delicious raw—alone or mixed in salad.

Watercress. Comes in handful-size bunches, usually tied with string—this is the way it's picked in the ponds where grown. Once a rare delicacy, cress is now widely available and quite affordable. Stems are four to five inches long, with petal-like leaves at one end. The whole is edible; with a pungent altogether unique flavor. Good alone or mixed. Tends to be fragile, so store in a tight-lidded glass container, or stand in a bowl of water and cover tightly. *(continued)*

...Whipped Philly in the fruit bowl



Here comes the freshness again and this time it's whipped. Whipped Philadelphia Cream Cheese from Kraft. Light and completely spreadable even when cold, this Philly has the same remarkably fresh flavor as the original. And it, too, is guaranteed fresh when you buy it or your money back from Kraft. You get what you pay for.

Fruit Medley

1 cup Kraft Pure Pasteurized Orange Juice
3 tablespoons honey
2 teaspoons lemon juice
2 teaspoons cornstarch
6 cups assorted fruits
4 slices cantaloupe
Philadelphia Brand Whipped Cream Cheese

Combine juices, honey and cornstarch. Cook over medium heat until clear and thickened, stirring occasionally; cool slightly.

Mix together lightly ¾ cup sauce and assorted fruits. Arrange fruit on melon slices; top with whipped cream cheese and additional sauce. 4 servings.

Whipped Philadelphia comes in 6 delicious flavors besides Plain: Onion · Pimento · Bacon and Horseradish · Chive · Blue Cheese · Smoked Salmon.

KRAFT Division of Kraftco Corporation

SALADS: GREAT GREENS
continued

Now here are suggested ways to combine greens and go-withs. The important thing, however, is that you experiment and make up your own combinations—to suit your own and your family's taste. Recipes for dressings referred to in this list are all given following the salad directions.

1. Combine 6 cups spinach leaves, 3 sliced large mushrooms and 4 slices red onion. Toss. Serve with salad dressing 3, 6, 7 or 10.
2. Combine 4 small Belgian endives (separating and halving all leaves), 4 cups watercress leaves, 6 cherry tomatoes, and 6 canned artichoke hearts (cut in half). Toss. Serve with salad dressing 1, 2 or 3.
3. Combine 6 cups torn Boston lettuce, 1 medium tomato (cut into eighths), 2 scallions (cut in 1-in. pieces), ½ cup cooked waxed beans (cut in 2-in. pieces), and 2 tablespoons chopped parsley. Toss. Serve with salad dressing 1, 2 or 3.
4. Combine 4 cups torn iceberg lettuce, 2 grated medium carrots and ½ cup green beans (cut in 1-in. pieces). Toss. Serve with salad dressing 4 or 5.
5. Combine 5 cups torn leaf lettuce, 1 cup chopped chicory, ½ medium red pepper (cut into thin strips) and ½ cup celery (cut into 1-in. pieces). Toss. Serve with salad dressing 6, 8 or 9.
6. Combine 6 cups torn Bibb lettuce, 1 can (15 oz.) drained asparagus tips, 3 cups quartered fresh mushrooms. Toss. Serve with salad dressing 2, 3 or 8.
7. Combine 1 diced medium Belgian endive, 1½ cups shredded red cabbage, 3½ cups torn romaine lettuce, 1 cup carrot curls. Toss. Serve with salad dressing 1, 6 or 9.
8. Combine 5 cups torn Bibb lettuce, 1 can (14 oz.) hearts of palm (drained and sliced) and 1 cup radish slices. Toss. Serve with salad dressing 4, 8 or 9.
9. Combine 4 cups torn escarole, 2 cups celery leaves, ½ cup onion rings, ½ cup zucchini strips and ⅓ cup pitted ripe olives. Toss. Serve with salad dressing 2, 4, 5 or 9.
10. Combine 3 cups chopped iceberg lettuce, 1 cup chopped watercress, 1 cup chopped fresh tomatoes, 1 cup diced avocado and ½ cup chopped pitted ripe olives. Toss. Serve with salad dressing 1, 6 or 10.
11. Combine 4 cups torn iceberg lettuce, 1 cup drained canned chick-peas, 1 cup chopped cabbage and 1 cup chopped cooked broccoli. Toss. Serve with salad dressing 1, 3 or 10.
12. Combine 3 cups torn escarole, 2 cups torn leaf lettuce, 1 cup drained and rinsed kidney beans, 1 medium onion (sliced and separated into rings). Toss. Serve with salad dressing 1, 7 or 9.
13. Combine 4 cups torn romaine lettuce, 1 cup torn iceberg lettuce, 1 cup sliced and halved yellow squash, 1 can (15 oz.) drained asparagus spears and 2 tablespoons chopped parsley. Toss. Serve with salad dressing 1, 4 or 7.

Presto quicko!



Cooks meat tender and delicious in one-third the time, or less. Flavor and natural juices stay in. Saves energy, too. Today, more than ever, you need the Presto Pressure Cooker.

PRESTO

EAU CLAIRE WI 54701

RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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Presto jumbo!



The Presto Fry Pan. 15 inches big. Holds dinner for eight, or bacon 'n eggs for breakfast. Submersible for easy clean-up. More Presto magic.

PRESTO

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¼ teaspoon salt
⅛ teaspoon pepper

Place all ingredients in a blender (or electric mixer) and purée for 30 seconds. Stir before serving. Will keep for 3 days in the refrigerator. Makes about 2 cups.

5. Blue Cheese–Apple Dressing

¼ cup wine vinegar
¼ teaspoon salt
⅛ teaspoon pepper
¾ cup plus 2 tablespoons vegetable oil
½ cup sour cream
½ cup applesauce
¼ cup crumbled blue cheese

Combine vinegar, salt and pepper in blender container. Slowly add oil while blender runs at low speed. Add sour cream, applesauce, and blue cheese; blend until smooth. Makes 2 cups.

6. Sour Cream–Horseradish Dressing

¾ cup sour cream
¾ cup vegetable oil

OIL — VINEGAR DRESSINGS

Green Herb Dressing

cup plus 2 tablespoons vegetable oil
cup red wine vinegar
teaspoons finely chopped chives
teaspoons finely chopped parsley
teaspoons dried thyme, crushed
easpoon salt
easpoon pepper
mbine all ingredients. Shake well be-re serving. Will keep for 1 week in the frigerator. Makes about 1¼ cups.

Italian Dressing

cup plus 2 tablespoons vegetable oil
cup red wine vinegar
easpoons dried oregano, crushed
teaspoons dried basil, crushed
teaspoons grated onion
easpoon garlic powder
easpoon salt
easpoon pepper
mbine all ingredients. Shake well be-e serving. Will keep for one week in e refrigerator. Makes about 1¼ cups.

French Vinaigrette

up plus 2 tablespoons vegetable oil
up red wine vinegar
ablespoons chopped hard cooked egg
ablespoons chopped green olive
teaspoons chopped shallots
easpoon garlic powder
easpoon salt
easpoon pepper
mbine all ingredients. Shake well be-e serving. Will keep for 5 days in the rigerator. Makes about 1½ cups.

SOUR CREAM AND YOGURT DRESSINGS

Avocado Dressing

nedium avocado, peeled and mashed
up salad oil
up sour cream
ablespoons cider vinegar
teaspoons lemon juice
easpoon grated onion

Presto perko!



Brew 9 to 12 cups—cup a minute quick. It's the Presto Coffeemaker. Easy-to-clean stainless steel means better coffee. Submersible, beautiful.

PRESTO

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¼ cup crumbled crisp bacon
5 teaspoons prepared horseradish
2 teaspoons chopped dill
¼ teaspoon salt
⅛ teaspoon pepper

Combine all ingredients in a blender. Purée for 30 seconds. (Dressing can also be made with an electric mixer.) Stir before serving. Will keep for 5 days in the refrigerator. If dressing becomes too thick, add a little more sour cream or milk. Makes 1¾ cups.

7. Health Dressing

¼ cup wine vinegar
¼ teaspoon salt
⅛ teaspoon pepper
¾ cup plus 2 tablespoons vegetable oil
½ cup plain yogurt
1 tablespoon wheat germ
2 teaspoons honey
¼ cup golden raisins

Combine vinegar, salt and pepper in blender container. Uncover and slowly add oil while blender is running at low speed. Add yogurt, wheat germ and honey; blend until smooth. Remove from blender container and stir in raisins. Makes 2 cups.

MAYONNAISE DRESSINGS

8. Remoulade

¼ cup vegetable oil
2 tablespoons vinegar
1 cup mayonnaise
1 tablespoon chopped pickle
1 tablespoon dry mustard
1 tablespoon capers
1 teaspoon chopped parsley
4 anchovy fillets, chopped

Combine oil and vinegar. Whip in mayonnaise with a wire whisk. Stir in remaining ingredients. Makes 1½ cups.



9. Russian-Poppy Seed Dressing

¼ cup vegetable oil
2 tablespoons vinegar
1 cup mayonnaise
2 tablespoons chili sauce
½ tablespoon poppy seeds
½ teaspoon paprika

Combine oil and vinegar. Whip in mayonnaise with a wire whisk. Stir in remaining ingredients. Makes 1½ cups.

10. Sea Green Dressing

¼ cup vegetable oil
2 tablespoons vinegar
1 cup mayonnaise
½ cup chopped watercress
⅓ cup chopped spinach

Combine oil and vinegar in blender container. Blend in mayonnaise. Add watercress and spinach; blend until smooth. Makes 1¾ cups. **End**

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SUMMER SPARKLE

continued from page 92

STRAWBERRY-ORANGE MOLD
pictured on page 92

One of the prettiest molds, this g well with any buffet or dinner menu

Mold:
1 package (6 oz.) orange-flavored gelat
2 cups boiling water
1½ cups cold water
2 teaspoons lemon juice
2 oranges, peeled and sectioned
14 medium strawberries
Additional strawberries and orange sections
Dressing:
¾ cup mayonnaise
½ cup marshmallow creme
2 teaspoons lemon juice
1½ teaspoons grated orange rind
1½ teaspoons grated lemon rind

To prepare mold: Dissolve gelatin boiling water. Add cold water and len juice. Chill in refrigerator until sligh thickened. Fold in orange sections a strawberries.

Pour mixture into an oiled 6-c ring mold. Chill in refrigerator u firm, about 4–5 hours. Unmold on se ing platter. Garnish with strawbe halves and orange sections. Serves 6

To prepare dressing: Combine may naise and marshmallow creme. A lemon juice and grated rinds. Some the grated orange rind may be reserv to sprinkle on top of dressing, if sired. Serve dressing with fruit mo Makes about 1 cup.

MENU NOTE: Serve with roast fr ham, marjoram gravy, buttered nood with sesame seeds, asparagus, rice pu ding and coffee.

PINEAPPLE-HAM MOLD
pictured on page 92

An entree salad for a buffet or lig lunch. If you use canned ham, be s to use the can as your mold.

2 packages (3 oz. each) pineapple or lemon-flavored gelatin
1⅓ cups boiling water
1⅔ cups cold water
½ cup pineapple tidbits in pineapple juice, drained, reserving ⅓ cup juice
½ cup cooked ham, cut into ¼-in. cub
½ cup Swiss cheese, cut into ¼-in. cubes
1 cucumber, sliced
Parsley

Dissolve gelatin in boiling water. A cold water and ⅓ cup pineapple jui Chill in refrigerator until slightly thi ened. Fold in pineapple tidbits, ha and cheese cubes.

Pour mixture into an oiled 5-c mold. Chill until firm, about 4–5 hou

Unmold on serving platter and g nish with cucumber slices and parsl Serves 6.

Note: We used the tin from a 2 canned ham for our mold. Remove t lid with a can opener, rather than w the key provided, to open the top. U part of the ham in the above mold a save the remainder for another meal.

WALDORF SALAD MOLD
pictured on page 112

layered mold, and so, an unusually tractive one.

me Layers:
packages (3 oz. each) lime-flavored gelatin
cups boiling water
cups cold water
cup diced red apple
cup chopped walnuts
cup golden raisins
cup finely diced celery
eam Cheese Layer:
envelope unflavored gelatin
cup cold water
package (8 oz.) cream cheese, softened
cup mayonnaise
cup milk
tablespoons sugar
cup diced red apple
cup chopped walnuts
ditional apples and celery for garnish (optional)

prepare lime layers: Dissolve 1 package gelatin in 1 cup boiling water. Add cup cold water. Chill in refrigerator til slightly thickened. Add ¼ cup ch apple and walnuts, 2 tablespoons ch raisins and celery.

Pour ⅓ cup of mixture into an oiled oz. individual mold. Pour remaining ixture into oiled 6-cup Kugelhupf or her fluted mold. Chill in refrigerator til firm, but still sticky to touch.

Dissolve remaining package of lime latin in 1 cup boiling water. Add 1 cup cold water. Add remaining apples, walnuts, raisins and celery. Set aside.

To prepare cream cheese layer: Sprinkle unflavored gelatin onto cold water and allow to soften. Place over low heat, stirring constantly, until dissolved.

Combine cream cheese, and mayonnaise. Beat in milk and sugar. Stir in dissolved gelatin.

Pour ⅓ cup mixture into 6 oz. mold. Pour remaining cream cheese mixture over lime gelatin in a large mold. Chill until firm, but still sticky to the touch.

Pour remaining lime mixture into large mold. Chill until firm.

Unmold large mold on serving platter. Fill center with apples and walnuts. Unmold small mold on top of large mold. Garnish with apple slices and celery fans. Serves 6–8. *(continued)*



Top, left: Tuna-lemon mold; right: chef's salad mold; below: gazpacho.



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1 teaspoon baking soda		¾ cup Sun•Maid® Raisins
1 teaspoon cinnamon		

Combine dry ingredients in mixing bowl. Cut in butter. Add Grandma's Molasses, egg and Mott's Apple Sauce. Beat well. Stir in Sun•Maid Raisins. Bake in greased, floured 8-inch square pan in 350°F. oven 40 to 45 minutes. Turn out on cake rack. Sprinkle with confectioners sugar, or glaze. GLAZE: Mix 1½ tablespoons lemon juice and ¾ cup confectioners sugar.

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SUMMER SPARKLE
continued

MENU NOTE: Serve with Southern fried chicken, baked potato, glazed baby carrots and fudge layer cake.

TUNA-LEMON MOLD
pictured on page 109

Entree salad for a buffet or lunch.

1 package (3 oz.) lemon-flavored gelatin
½ cup boiling water
½ onion, chopped
2 cans (6½-7 oz. each) tuna fish
½ cup mayonnaise
1 cup heavy cream
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon garlic powder
Green stuffed olives (optional)
Lemon wedges (optional)
Parsley (optional)

Dissolve gelatin in boiling water in a blender. Add onion; blend 30 seconds. Add tuna and mayonnaise. Purée until well blended, stopping blender several times to push ingredients into blades with a rubber spatula. Slowly add heavy cream. Add salt, paprika and garlic powder.

Pour mixture into a well-oiled 4-cup mold. Chill in refrigerator until firm, about 4–5 hours.

Unmold on serving plate and garnish with olive slices, lemon wedges and parsley, if desired. Serves 4–6.

GAZPACHO
pictured on page 109

Appetizer or follow-up to an entree, these can be served individually (as here) or one large mold.

1 envelope unflavored gelatin
½ cup cold water
1½ cups tomato juice
⅓ cup finely chopped onion
1 tablespoon vinegar
1 clove garlic, finely minced
½ cup finely diced green pepper
Garnish
1 cup cubed cucumber
4 parsley sprigs
4 lemon rind strips

Sprinkle gelatin onto cold water to soften. Place over low heat, stirring constantly until dissolved.

Combine tomato juice, onion, vinegar and garlic. Add dissolved gelatin. Chill in refrigerator until slightly thickened. Fold in green pepper.

Pour mixture into four oiled 6-oz. molds or one 3 cup mold. Chill in refrigerator until firm, about 4–5 hours.

Unmold on serving plates and garnish each with ¼ cup cubed cucumber. Top with parsley and lemon rind. Serves 4.

MENU NOTE: Serve as an appetizer with braised shortribs of beef, small onions and limas, French fried potato sticks and fresh berries in season, with crea

LAYERED GARDEN MOLD
pictured on page 92

Part of the fun here is making the flo design. Make ours, or create your ow

2 packages (3 oz. each) orange-flavored gelatin
2 cups boiling water
1 cup cold water
2 hard cooked eggs
1 scallion
2 black olives
2 cups sour cream
1 cup grated carrot
½ cup sliced scallions
½ cup sliced radishes
½ cup diced cucumber
1 tablespoon lemon juice
¼ teaspoon garlic powder
Carrot curls and parsley (optional)

Dissolve 1 package gelatin in 1 c boiling water. Set aside.

Dissolve remaining package of oran gelatin in 1 cup boiling water. Add cup cold water. Pour ½ cup into oiled 9x5x3-in. loaf pan. Chill in frigerator until firm. Chill remain gelatin until it thickens, but is not s

Cut flower petals out of hard cook egg whites to make 4 daisies. (Sa egg yolks for sandwich mixtures, et Cut stems for daisies from green p of scallion. Cut center of daisies fr black olives.

Arrange floral design facing dow ward on top of the firm gelatin in l pan. Carefully spoon ¼ cup of thicken gelatin over the design. Chill in refr erator until firm. Add another ¼ c thickened gelatin to cover flower desi Chill in refrigerator until firm.

Combine remaining cup of thicken gelatin with first package of dissolv orange gelatin and all other ingre ents except carrot curls and parsl Pour mixture on top of firm gelatin pan. Chill until firm, about 4–5 hou

Unmold on serving platter and garnish with carrot curls and parsley if desired. Serves 8.

MENU NOTE: Serve cold sliced turkey, cold broccoli vinaigrette, party rye, cherry tart, and Chablis wine.

SAUERKRAUT MOLD
pictured on page 109

A local favorite, this is a quick salad to dress up a hot dog lunch.

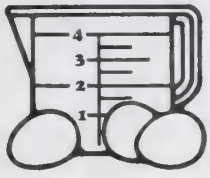
1 package (6 oz.) strawberry-flavored gelatin
2 cups boiling water
1¾ cups cold water
2 tablespoons cider vinegar
2 teaspoons grated onion
1½ cups (16 oz.) sauerkraut; drained, rinsed and patted dry
½ cup finely chopped celery
Celery leaves (optional)

Dissolve gelatin in boiling water. Add cold water, vinegar and onion. Chill in refrigerator until slightly thickened. Fold in sauerkraut and celery.

Pour mixture into an oiled 6-cup mold. Chill in refrigerator until firm, about 4–5 hours.

Unmold on serving plate and garnish with celery leaves. Serves 6–8.

MENU NOTE: Serve with grilled hot dogs, potato salad, and peach turnovers with ice cream sauce.



CHEF SALAD MOLD
pictured on page 109

Our heartiest salad mold, you can build any informal meal around it—for family or company.

Mold:
2 envelopes unflavored gelatin
1 can (13 oz.) consomme madrilene
2½ cups water
1 tablespoon and 2 teaspoons red wine vinegar
1½ teaspoons onion juice
¾ teaspoon garlic powder
1 cup cooked boneless turkey, cut into ¼-in. cubes
½ cup cooked corned beef or tongue, cut into 1½x¼x⅛-in. strips
⅓ cup Muenster cheese, cut into ¼-in. cubes
Leaf lettuce
4 hard cooked eggs, cut into wedges
Croutons:
2 cups fresh bread cubes
1½ tablespoons butter or margarine, melted
¼-½ teaspoon garlic powder
½ teaspoon salt

To prepare mold: Sprinkle gelatin onto consomme and allow to soften for 5 minutes. Place over low heat, stirring constantly, until dissolved. Remove from heat and add water, vinegar, onion juice and garlic powder. Chill in refrigerator until slightly thickened. Fold in turkey, corned beef or tongue and cheese.

Pour mixture into an oiled 6-cup mold. (We used an electric mixer's small bowl for our mold.) Chill in refrigerator until firm, about 4–5 hours.

To prepare croutons: Preheat oven to 350°. Slice crusts off day-old bread and cut into ¾-in. cubes. Toss bread cubes in melted butter or margarine. Sprinkle with garlic powder and salt.

Spread croutons on a cookie sheet and bake in a 350° oven for 15 minutes. Turn cubes and continue baking for 10 minutes or until golden brown.

To serve salad mold: Unmold on a bed of leaf lettuce. Garnish with croutons and egg wedges. Serves 6.

MENU NOTE: Serve with rice salad, crudités, sesame rolls and angel food cake with pineapple-strawberry sauce.

CURRIED TURKEY
pictured on page 112

Slightly exotic, this makes a good show-off mold. Vary curry powder to suit your palate.

1 package (3 oz.) lemon-flavored gelatin
½ cup boiling water
½ cup mayonnaise
¾ cup heavy cream
¼ cup chicken broth
1 tablespoon curry powder
2 cups cooked boneless turkey, cut in ¼-in. cubes
¼ cup slivered almonds
Leaf lettuce
1 grapefruit, peeled and sectioned
2 oranges, peeled and sectioned

Dissolve gelatin in boiling water. Whip in mayonnaise with an electric hand mixer until well blended. *(continued)*

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SUMMER SPARKLE
continued

Add heavy cream, chicken broth and curry powder. Chill in refrigerator until slightly thickened. Fold in turkey cubes and almonds.

Pour mixture into 4-cup mold. Chill in refrigerator until firm, about 4–5 hours.

Unmold on serving plate and garnish with leaf lettuce, orange and grapefruit sections. Serves 6.

MENU NOTE: Serve with assorted cold cuts, crusty bread, strawberry cream roll and California Riesling. **End**



Top, left: Sauerkraut mold; right: Waldorf salad mold; Lower left: curried turkey.

JOURNEY
continued from page 70

alone. I can't." When pain has bee constant, it has its own momentum an laws. The vital thing is to break i ascendancy over the mind. I had to di tract him, to break the pain's hold.

"Tell me about the flight to the moo Bobby," I ordered. Bobby had been pa sionately interested in the space pr gram. "I can't, Mom," he groaned. "Yo know I can't; it hurts too much."

"Tell me about the moon shot," repeated. "The moon shot. I don't kno anything about it. I don't understan the moon vehicle. How does it work My voice grew more insistent.

Finally, in anger, he said, "All righ all right. I'll try. The moon vehicle h four legs. . . ." And it was the beginnin of a miracle. His description lasted on a few minutes, but it was enough. A though the pain began again immed ately, its total control over his min had ceased. We had won a tiny victor

"Bobby," I said, "now you are goin back to bed. You are going to slee You'll see." When I stretched him o in bed, he was crying hoarsely.

The crisis passes

I was spent. In those dark hours b fore dawn of that third night I praye fiercely for strength. And somethin very strange happened, something have never clearly understood. As someone were speaking to me I wa ordered, "Place your hand on his knee I was afraid. I argued, "It is impossibl No one can come near it, no sheet ca touch it." But the mysterious comman was repeated: "Place your hand on h knee." Hesitantly at first, I obeyed. began to move my hand closer an closer to the tortured joint until it wa in the air only inches away. Bobb said nothing. Gently, gently I final touched it. He did not cry out. I let m hand rest as lightly as I dared, for on a moment. I felt a great peace. I kne in that moment that the crisis ha passed.

Bobby slept. For the first time i three days, he really slept. I placed sheet over him and wept with joy. H slept only an hour and then awoke i pain again. But the pain was no longe an omnipotent fiend but only our old familiar enemy which would, with pa tience, recede like a terrible tide. No no surgical intervention would be neces sary.

Later, Dr. Josso had this to say abou the events which had shaken us all s profoundly. "I was very struck b Bobby's episode, as I have always bee interested by this problem of pain. Yo do the same thing anatomically to th same person one day and everything all right, however, the next day it doe not go well at all. It *(continued*

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JOURNEY
continued

depends on the psychological state of the patient.

"It seemed to me that his extreme pain was unusual. I remember thinking, he has had enough of it. He was unhinged. Had he been older, he could have killed himself. Such psychological states can push hemophiliacs to drugs. I remember thinking, well, if he doesn't want a cast, he shouldn't have one. He was suffering horribly. The fractions did not help. I thought the less we touched him, the better.

"When a person is in such a psychological state, if he is tired or especially upset, he may need an outside influence to break the hysteria or pain. You know, a person can go along for a long time taking everything, but little by little it accumulates and there comes a moment when he just can't take it any longer. It was such a moment for Bobby. He really had had enough. I saw you, tense and worried. I felt that if I could only have transferred his pain to your leg, it would have been the finest service I could have rendered you both."

Bobby's recovery took almost four months. Most of that time, he had to keep his leg at rest. A removable cast was made. It was a fight, but he wore it. After what seemed like a very long time, he was able to roll around the apartment again in his wheelchair. There were many relapses, transfusions, dashed hopes.

Transfusions everywhere

But by July Bobby could take a few tentative steps. We strapped the wheelchair onto the top of the car and left for Greece. We meandered all over Europe. Everywhere, Bob gave Bobby transfusions. He gave them on windswept lavender fields in France, he gave them crossing the Alps, in a *pensione* overlooking the Grand Canal in Venice, on a ferry boat crossing the Adriatic. In hotels, to avoid misunderstandings, we took pains to hide the bottles and needles. (Once, in Naples, the maid came in during a transfusion and began shrieking, "Manager!" as she fled. Quickly we disposed of everything, except the patient, who was peaceably munching a pear by the time she got back.)

We spent a month with friends on a Greek island; there were 16 children in the house. The hot sun and the warm water began to take effect. Bobby's leg improved. He swam every day in the turquoise, clear water. With trident and net he became an expert at collecting sea urchins for our lunches—delicious morsels we squirted with lemon juice, scooped out and gobbled up between sips of icy, licorice-flavored *ouzo*. At the end of a summer full of melons, honey and sun, he was strong again. **End**

THIS MARRIAGE
continued from page 20

I turned the business around, but his pride was involved and he was offended and hurt. So I scouted out a second location, a reasonably good spot downtown, and put Pop in charge, hoping that would improve things. Hah! Pop is still hurt and dissatisfied—emotions he can't handle without the bottle.

"My mother-in-law, Dearie, is a warm, generous lady, but she's lived with us for seven of the past ten years. She loves me like a son and made a $25,000, no-interest loan to launch the business.

"Amy-Ann never sees my parents. Dad is now in A.A. and it wouldn't hurt her to visit them occasionally. Dearie phones me from Alabama several times a week to tell me she is praying for a speedy reconciliation between me and Amy-Ann and then she tells me not to worry about repaying a big, fat loan that haunts my dreams.

"Amy-Ann refuses to understand my business responsibilities—I need to put up a decent front. Maybe I'm overdoing things. I realize I'm drinking too much, but I need to unwind after a hard day's work if I'm to get any sleep. She has no comprehension of my tensions.

"At the age of 30 Amy-Ann is still a stubborn, willful, bossy child; a good little girl demanding the complete approval of an ever-charitable, ever-loving and forgiving daddy. She declares she wants a family, but neither of us is mature enough to be a parent.

"I put Amy-Ann to work in my resort shop hoping it would give her something new and interesting to do. But many a time I would come by and find that she was at the beauty parlor, at her tennis club, attending a fashion show, or waxing the kitchen floor at home. Often she had commandeered one of the other employees to act as her chauffeur. This meant the shop was shorthanded not by one person, but by two. I wish to God that Amy-Ann would learn to drive and stop imposing on other people, but she refuses."

"Now for the final problem—one that I never expected. I pictured Ina as free and independent, asking and expecting nothing—a girl, who wanted fun, wanted laughter, wanted sex when I wanted it. Lately, I've begun to get a different message. It seems that Ina is as dependent and demanding as other women—and with a lot less character and quality to offer. She says she isn't interested in marriage, yet last night she stood me at a jewelry store window fifteen minutes while she looked at a display of wedding rings.

"Under no circumstances would I marry Ina. Frankly, I don't care to be married to anybody. What I would like is some time to get my head together and to be free of everybody else's problems."

The counselor's turn

"I felt that, with professional guidance, Amy-Ann and Ken could make go of their marriage," the counselor sai "They were blessed with intelligenc friends and common interests to balan their dissimilar goals in life. My fi suggestion, directed at Amy-Ann, w that she stop seeking advice from h family. I suggested that she stop talki *at* Ken and start listening to him. A bo chatterbox, she overwhelmed her hu band with questions, answering the herself before he had time to reply.

"After she learned to listen and loo Amy-Ann and Ken began to commun cate and acquire a better understandi of each other. His motives and behavi were no longer a mystery to her.

"A daddy's girl from way back, Am Ann was still harboring an obsessi love for her long-dead father. She cri when she first spoke of him. Once v discovered that her extreme reluctan to drive dated back to her father's fat car crash, Amy-Ann was able to tal driving lessons. She quickly got a licen and helps to lighten Ken's daily load b running business errands—now possib since she quit working in the resort sho

"Although she is a grown woma Amy-Ann was clinging to the emotio and needs of a nine-year-old. She w demanding that Ken become a livin breathing replica of her lost father. Re ognition of this fact guided her on th road to maturity.

"Ken, too, grew up burdened by th fears and unfulfilled needs of childhoo Struggling for parental attention as lonely boy, he tried desperately to plea his parents in every respect. As an adu he was driven by a secret determinati always to please everyone. His subco scious goal was to win universal appro al (love) through success and hard wo —taking care never to hurt other people feelings as his feelings had been hu long ago. The goal was unrealistic.

"Eventually, Ken eased his father o of the downtown shop and closed th branch. To his surprise, his dad was r lieved by the decision and drank les not more. Amy-Ann then began to vis her. in-laws in a tentative fashion. No she and Ken see them once a week.

"When her mother returned fro Alabama with a trunk, Amy-Ann hinte that she might be more comfortable wit her own place. With little difficulty, h mother rented an apartment nearby.

"I recently got an update from Amy Ann. She said Ken has broken off wit Ina, is working shorter hours and is u der far less pressure. They are enjoyin life, their sexual relationship, each oth er's company, and best of all, she tol me joyfully, he now wants a child a much as she does!" **En**

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PRESSURE COOKERS

continued from page 103

Boil beans for 2 minutes in 5 cups water and let stand overnight in the refrigerator.

To cook in pressure cooker: Place beans with soaking water in pressure cooker. Add butter or margarine, bouillon cube, onion salt, garlic salt and pepper. Pressure cook 15 minutes at 15 lb. pressure. Cool immediately under cold running water.

In a heavy skillet sauté mushroom, pepper and onion in oil until the onion is lightly browned. Toss drained beans with vegetables and dill weed in skillet. Transfer to serving dish. Makes about 5 cups.

MENU NOTE: Serve with braised veal shoulder chops, scalloped tomatoes with oregano, French bread, California Riesling, and fresh pineapple and strawberry cup.

ROUND STEAK ROULADES
pictured above

This company dish can now be made in a fraction of the usual time.

2 lb. round steak, sliced ¼ in. thick
2 tablespoons spicy mustard
¼ lb. (1 cup) chopped cooked ham
½ cup thinly-sliced stuffed green olives
⅓ cup Italian-flavored bread crumbs
¼ cup chopped parsley
2 tablespoons butter or margarine
2 tablespoons vegetable oil
¾ cup hearty Burgundy wine
⅓ cup chopped onion
1 clove garlic, crushed
1 beef bouillon cube
3 tablespoons flour dissolved in ⅓ cup cold water
⅓ cup grated carrot
¼ teaspoon dried marjoram
Additional green olives and parsley (optional)

Cut round steak into about 12 pieces, approximately 5x3 inches. Spread slices with mustard.

Combine ham, olives, bread crumbs and parsley. Place filling (about 2 tablespoons) on each beef slice. Roll up as you would jelly rolls and tie with string or secure with toothpicks.

To cook in pressure cooker: Heat pressure cooker. Add butter or margarine and oil. Brown meat rolls, one-half at a time. Add wine, onion, garlic and bouillon cube to meat rolls in pressure cooker. Pressure cook 15 minutes at 15 lb. pressure. Let pressure drop of its own accord.

Transfer meat rolls to a heated platter, removing string or toothpicks. Stir dissolved flour into drippings in pressure cooker. Add grated carrot and marjoram. Cook, stirring constantly, until sauce comes to a boil and thickens.

Serve sauce with roulades. Garnish platter with additional stuffed olives and parsley, if desired. Serves 4–6.

MENU NOTE: Serve with rissole potatoes, French green beans, spring salad, Burgundy wine and rhubarb pie.





Above, Round Steak Roulades; below, Hot Soybean Salad.



"Well, podnuh, if you don't like the grub at this chuckwagon, you can hit the trail."

A LOOK AT THE FORDS

continued from page 73

bad guys. It's just not that simple.

I wanted to meet Gerald Ford and I wanted to meet his wife, Betty. Like most of us, I had never met a First Family, and like some of us, I had never been inside the White House. Thanks to the Fords, now I have.

My escort around the White House was 28-year-old David Kennerly, the President's Official Photographer, who showed me into the Oval Office and introduced me to the President so quickly that I was in shock. I couldn't believe being in the White House, much less the Oval Office, not to mention meeting the President and his golden retriever Liberty. A few photographs later and we were gone—on our way upstairs to see the First Lady.

I don't care who you are—the White House is overwhelming. Secret Service men are at each and every entry planted firm like thick potted palms and you find yourself saluting posts and pillars, saying "Yessir, Your Lordship" to floor lamps. I expected it would all look familiar from film and photographs or simply from being inscribed on my cultural subconscious, but I was stunned by how beautiful I found it to be. It is a breathtaking and surprisingly personal place, warm and welcome, streaming with sunlight, filled with flowers, redolent of the past.

We happen upon Mrs. Ford crouching in front of the television set in the West Sitting Hall, wearing a ruffled pastel robe. In one hand she holds a bottle of astringent; in the other, a piece of cotton. Intently watching the big tennis match between Rod Laver and Jimmy Connors on TV, she looks up surprised and smiling, and explains that she was cleaning her face but got waylaid by the tennis on her way in to get dressed.

She emerges later, trim and tailored in a camel knit dress, and shows me family photo albums. "That was the saddest day of our lives," she says, looking at the photo of her husband being sworn in, "saying goodbye to the Nixons and watching them leave in the helicopter."

I ask if it's true that she sees the President more now than she did when he was in Congress.

"His nature is to work incessantly," she says, "but now, with the Oval Office so close by, I do see him more—and he doesn't travel like when he was in Congress or when he was Vice President. Sometimes I stand here at this window because it looks directly onto his office. Only I wish that tree weren't in the way."

When she learns this is my first time in the White House, she offers me a personal tour. *(continued on page 130)*

My husband called my thighs 'saddle bags' before I lost 47 pounds.

By Mary Young —
As told to Ruth L. McCarthy

At 157 pounds, with five children and a farm garden to tend, I had plenty of exercise. Yet it didn't reduce my thighs or backside. But I'm only five feet tall and a few extra pounds on me always looked like more. Besides, when I wore a girdle with slacks, it pushed the flab into my upper legs and made Monte, my husband, call them "saddle bags."

It's not that I didn't try repeatedly to lose weight. But my biggest hindrance was the scheduling of family meals. You see, Monte, who's a bricklayer, has to get up at 5:00 a.m. That's when my eating started.

5:30 a.m.—Light breakfast with Monte.
7:00 a.m.—Breakfast again with 2 younger children.
10:00 a.m.—Coffee plus.
11:30 a.m.—Early lunch for two older kids (they're in afternoon session).
2:30 p.m.—After school snack; younger kids and me.
5:30 p.m.—Hungry Monte returns.
6:00 p.m—Supper for family.
10:00 p.m.—Television snacking.

I can't tell you how many times Monte begged me to lose weight. Once, he even tore up a pair of my good slacks. "If you've got to be big," he said, "be big. But stop wearing the same thing day after day."



No wonder I wore dark glasses at 157 pounds—with those bulging thighs.



Here I am at 110 pounds—trim enough now to have a smooth line in slacks.

Right after that, I got some neighbor ladies to meet once a week so we could encourage one another dieting. We also chose a Queen and a Pig, depending on who lost the most or the least. We had a Pig bib for the heavyweight to wear. And whoever wound up Queen got a 20¢ gift from every other member. But since I got to take home the Pig bib more than once, I finally gave up going to the meetings. "Talking" about losing weight just didn't work for me.

Fortunately, I'd read about those reducing-plan candies, Ayds®, and when I saw they had vitamins and minerals, but no drugs, I bought a box of the vanilla caramel kind.

As for Monte's reaction to my taking Ayds, he'd seen me diet and fail so many times, he didn't have much hope. He just said, "If you're going to lose weight, you need willpower." He's right, but I needed help, too. And Ayds sure helped me.

I started on the Ayds plan by taking one or two of those candies before each meal and they really helped control my appetite. For instance, I'd have *one* breakfast. Midmorning: two Ayds and coffee. Lunch: Ayds and coffee again before a salad or maybe tuna fish on toast. Dinner: two more Ayds with tea, then meat, a vegetable and fruit. And finally watching the late news on TV, I'd have another Ayds.

One great thing about Ayds was that I could carry them in my purse. At socials, I'd have coffee and a 26-calorie Ayds, instead of a 300-calorie slice of pie. It wasn't easy to turn down the beautiful desserts my friends made. Some even felt insulted. But when they understood, they stopped forcing me to eat and now are delighted, especially when they see me in a bathing suit.

One thing Monte had never seen was me on the scale. So when I got to 110 pounds on the Ayds plan, I let him look. He was so proud, he bought me lots of new clothes.

Before closing, there's something I'd like to say. Fat people think they really don't look as fat as they are. Maybe because so many don't have a full-length mirror. And they never see themselves from the rear. But believe me, now that I've discovered the Ayds plan, I don't plan to fill my "saddle bags" again.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'0"	5'0"
Weight	157 lbs.	110 lbs.
Bust	36"	33½"
Waist	27-28"	23¾"
Hips	43"	35¼"
Slacks	18	7-8



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MR. MOON

continued from page 80

in the warm hollow of the rock, when I was a small girl in a formless tank bathing suit, flicking off the flies (which didn't have yellow teeth on shore, Jonathan Alexander said), shivering at the thought of no sun or moon, ever again.

He wasn't like Dick Elms, who was tall and sensational. Nor Peter Robertson, who won everything on sports day and was fantastic. In fact, I wasn't sure I liked him much. He was small and freckled with sandy hair and sharp blue eyes that looked through you. But it was what those blue eyes saw that kept me slavishly at his side all summer, adoring as only an eleven-year-old, slightly shy, budding female can be.

Because of him, I steered the cockleshell boat, singlehanded, through the most awful storm known to man, my family aboard, arriving in triumph at the distant sunny shore. And I fought the giant shrimp that rose menacingly out of the ocean as I stepped into it, saving the whole community by my bravery. With twigs dipped in moonlight, I made magic arrows that saved the town from a dreadful plague of maneating grasshoppers. With these terrors threatening to arrive at any minute, swiftly advancing over the horizon, I stayed close to Jonathan Alexander, who alone could inspire my immense courage.

After a series of nightmares and screams in the night, my mother said: "What makes you think of ants in huge hobnailed boots with rays coming out of their foreheads, killing everything on sight?"

"They came from Mars," I said. "Swarms of them. But I slaughtered them, didn't I?"

She gave me a little hug. "You've been watching too much television."

"I haven't! It could happen! Can Jonathan Alexander come to supper at the weekend?"

She sighed. "Again? Don't you think Dick Elms is much nicer?"

It was true that Dick Elms had recently looked at me twice one hot day when we had nature lessons out-of-doors, making my heart beat uncomfortably fast. But he didn't know anything about the horrors that could strike while the rest of mankind was taking a nap. He didn't know that I alone would save the world, or how.

My mother went on: "It's such a silly name, Jonathan Alexander. His mother must be very affected."

The next day I said: "Your mother must be very affected, giving you those silly names."

"She isn't," he said. "She had to. It was in the Middle Ages. A curse was laid on my family by the wicked giant Jonathan who had been overpowered by my ancestor, King Alexander. Waving his cl in the air, the giant said: 'This is final decree, with the last power rema ing to me. Henceforth and forever eldest son of each member of the fam shall be christened Jonathan. But'—a he raised arms as large as tree trunks the heavens—'let it be followed, with pause, by the name Alexander.' Th chuckling hideously, he went on: 'Th you and I shall be linked for all tim The earth thundered as the gi stamped his foot. 'If not,' he shouted swear the family shall be wiped out f ever!' "

The eldest son fixed me with his brig eyes and I gulped. From then on I call him Jonathanalexander without dari to take a breath in between, in case family would be struck dead and lie proachfully at my feet.

My brothers and I found a perf place on the beach, deep among rocks, where we could build fires at nig and cook our own food. It was amazi how often Jonathanalexander turned with his own small supplies wrapped old brown paper bags. Nobody seem to mind his being there. The boys pa no attention to his stories, but I alwa listened with rapt attention. To my rel I found they were less frightening af dark.

One night he prodded a potato lyi in the embers. "That one escaped," said. "It's really a little *(continue*

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MR. MOON

continued

wounded animal, you see. All his hair has been burnt off, but he'll be all right. After we've gone, he'll make his way to the water's edge and begin to climb the pathway to the moon. It will take him a while to get there, but when he arrives there'll be a big welcome with feasting and song."

"Why?"

"Because he will have made it, wounded and alone. And he won't look strange or different from the rest. Animals on the moon don't have fur."

"Why don't they?"

I seemed to have caught him out on a point of logic, but not for long.

"Because," he said slowly, "they're better camouflaged without it and they can't be seen so easily." He frowned. "No, I don't think that's right. I'll let you know when I come back."

"Come back from where?"

"The moon, silly." He stared up at it, his eyes shining in the firelight. "I'm going there one day. I can do anything I want to do. Anything, if I want to badly enough. Do you want to come with me?"

"No! I'd be too scared."

"Then I'll probably stay and marry a moon maiden."

"See if I care!"

After the second summer, I began to suspect that Jonathanalexander exaggerated a little. It struck me that man-eating shrimps were unlikely to appear in the shallows just off the beach; that ants would have quite a problem, striding the earth in hobnailed boots; and as I didn't own a cockleshell boat, the chances of my fighting a storm in it seemed remote. And Dick Elms still looked sensational and actually invited me to join his family for a birthday picnic. I had never been asked to Jonathanalexander's home.

He left the school shortly afterward. Somebody said he was brilliant, sniggering and suggesting perhaps he was the opposite. He was going to a special school, not for the likes of us. To begin with I was sad. Because of him, I was on pretty familiar terms with the moon, though it was a relief to be without the nightmares. But I missed not being heroine any more. It was strange ho often I thought of him—when the sar flies were biting, or the grasshoppe leaping, or when I saw a Christmas ta gerine or a smooth potato.

Before very long I grew tired of Di Elms. It was depressing to find he r garded ordinary things as merely orc nary, with no private life of their ow Anyhow, Peter Robertson was drivi his mother's car these days, and I was exception to the rule that girls pref boys who have four wheels and the b city available to them.

It took a whole year before the e citement of him and the big city wo off and I was back on the beach wi the sand flies.

And suddenly I was eighteen a counting the days until I could go to c lege. It had been an unsatisfactory su mer. No new passions, and wet into t bargain. My brothers had grown tired the beach and I sat there alone, when wasn't raining, reading every adventu story I could get my hands on. I took spending a lot of time at the library the days when it was open. It was sm and limited and I was terrified they run out of attractive reading matter b fore September.

Returning my books one evening was surprised when the young man b hind the desk looked up and said: "H lo. Remember me? I'm Jonathan Brown

"Jonathanalexander! What a shock He was almost tall, almost good-lookin His hair was a darker red than I remer bered, but his eyes were the same viv blue.

He smiled and shook his head. "N just plain Jonathan Brown."

Someone said: "Shush!" and he lov ered his voice. "I'm off duty in thir minutes. Can I walk you home?"

"All right." I moved off to run a fing along the shelves, thinking of tangerin and little animals without fur.

It was a further shock later to see hi limp out from behind the desk, leanir his weight on a cane.

"What happened?" I asked when w were outside.

"I broke a leg in three places. Stup car accident. I'm full of pins and met rods."

"I'm awfully sorry. But it'll be all righ won't it?"

"Better than it is now. But the ank won't bend."

"You mean . . . you'll always limp?"

His mouth was a tight ribbon. "S they tell me."

"Oh, Jonathanalexander!"

"Don't call me that. It was just kid nonsense."

I smiled. "I know, but I liked it. I wa always convinced your family would fa dead if I called you anything els They're still alive, I hope?" *(continue*







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Like the sight of a first crocus, Meredith Gladstone's "Window Greenhouse" (above) refreshes the spirit. The needlepoint, handsomely scaled at 14 by 30 inches, displays plants and blooms to delight all who cherish nature's greenery. Designs are stamped on 10-mesh Penelope canvas, yarns and instructions included. Frame assembles easily.

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MR. MOON

continued

He was staring straight in front of him, walking slowly. "I have no family. I'm an orphan."

"Oh! But you used to talk about them. . . ."

"I lived in a foster home."

"How awful."

"No it wasn't. They were great people, very good to me."

"You don't live with them now?"

"I got a scholarship and went away to school." He glanced down at his stiff leg. "And now, it wouldn't be fair. I can't earn much, filling in for the librarian. They have kids of their own. When I came out of the hospital, I went back to the orphanage."

His face was so different, bitter and withdrawn.

I tried changing the subject. "Still telling stories?"

"No."

"Oh, that's a shame. I loved them. Privately I always called you Mr. Moon."

He looked down at me. "Did you? I never knew." His mouth twisted. "Yes, I was determined I'd get there one day, wasn't I?" He tapped his cane sharply on the ground. "And I would have gone, too, if this hadn't happened. I'm bright enough. I could have made it."

We were close to the beach. An orange harvest moon touched the calm water from horizon to shore. I said: "Shall we sit on the rocks for a while? Can you manage the beach?"

"I can manage just about anything," he said fiercely, "except what I really want to do."

As soon as we were sitting in the old familiar place, snatches of his stories came back to me.

"Remember the man-eating grasshoppers? Remember the ants with hobnailed boots?"

His face softened a little in the moonlight. "It was just a lot of rot."

"Why did you make it all up, then?"

He smiled. "It made you notice me, didn't it?"

"I wish you hadn't stopped."

"When I became a man, I put away childish things."

"Pity. Sometimes I used to feel I'd been to the moon, listening to you. And I began looking twice at commonplace things because of those stories. I'd see an old brown leaf and imagine that when darkness came, it would turn into a moth with wings of gold. And it would fly through the night, touching all the other dead leaves with its wings until they, too, became golden moths. The sky would be full of them, dipping and fluttering. When the dawn arose, they would all fly away to freedom behind the rising sun."

He thought for a moment. "That's not bad," he said. "But you left a bit ou The golden moths flew on and on behin the rising sun until they reached th moon."

I leaned back, looking at the orang globe in the sky.

"What are you going to do, M Moon?"

"When I've saved enough I'll go t college. And then I'll become a scientist He snorted. "A back-room boy, of course But a scientist all the same."

"I wish you hadn't left those storie behind. I wish you'd written ther down."

We met a few more times before went away to college. We didn't tal about the stories again, or the moon. was difficult to talk to him at all with h new bitterness.

During the next few years I thoug about him quite a lot. I didn't particula ly want to, but there were so many littl happenings that brought him into m mind.

I fell in and out of love a dozen time I spent many nights sitting up half th night hours with my books of adve ture, trying to find in life a little of th excitement I found in them.

The day after I graduated, I wandere down to the beach to debate what should do with my brand-new degree. found Jonathan sitting on the same ol rock, facing the horizon.

He got up when he saw me. "Hi. thought you'd come here sooner or later

There was no sign of a cane. He reste his weight evenly on both legs. His fac had matured and the old bitterne seemed to be missing.

I said: "It's good to see you agai What brings you here?"

"I'm visiting my old foster parents. like to keep in touch."

We sat down and I grinned at hin "You didn't keep in touch with m though. You could have written."

He smiled. "But I did," he said. "I ke in touch and I did write."

"Oh? Well, I never got the letters."

His eyes were very bright and ve blue. The sun touched his hair with go and he wore his tan to great effect.

Pulling a book out of his pocket, h handed it to me. I read: "The Anim That Lost Its Fur, and other stories. book for children by Jonathan Brown

"Jonathanalexander!" I shouted. "Th is wonderful: Did you really write a these yourself? Did you?"

"Of course. Read them and you'll fi out."

I flipped through the pages. "So yo went to the moon after all," I softly mu mured.

"I told you I would, didn't I? If n one way, then another."

He took the book out of my hand an showed me the dedication. "And I to you with me."

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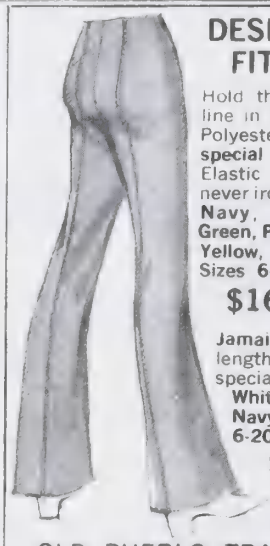
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An interview with Donna Olsen
at Pebble Beach, California



"I gained 3½ inches on my bustline in 14 days and I never looked like this in a bikini before."

"I really love summer and I really love summer clothes—the new swimsuits, the halter tops, the generally briefer styles and I wanted the kind of figure that looked just great in them. These styles don't necessarily flatter the bustline. You have to have the bustline to flatter the styles—so I started the Mark Eden program."

Q. "Donna, what did your bustline measure before you started?"

A. *"34 inches."*

Q. "And what does it measure now?"

A. *"40 inches. I gained 3½ inches the first 2 weeks and then, because I wanted the best figure possible for summer, I kept on with the Mark Eden a little longer and gained steadily right up to a full 40"—which is what I measure now."*

Q. "That's a 6 inch increase. Isn't that an unusually large gain?"

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Q. "Donna, how about your friends? Have they noticed a change in you?"

A. *"Oh, yes. When my girlfriends saw what I had done, they could hardly wait to get home to order Mark Edens for themselves—you know, summertime is the worst time to be flat-chested. And the wonderful thing is that the Mark Eden Developer fills out your whole bustline, wherever you need it the most. It lifts and firms and gives a beautiful, deep cleavage line so that your bustline looks terrific in whatever kinds of styles you like to wear."*

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"I really wanted a fuller bustline for summer."



The Mark Eden Developer is not an artificial stimulator or a cream. It is an exclusive exerciser that employs special techniques safely and effectively. Mark Eden is the world's most successful bustline developer. Over two million Mark Eden Developers have been sold and every one covered by a complete Money Back Guarantee.

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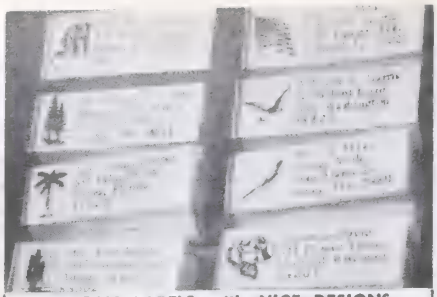
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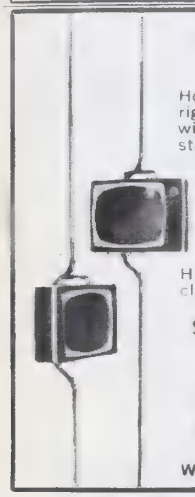
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HEAD START HAS WORKED FOR THOUSANDS OF USERS.

Head Start is not one of those magical baldness preventatives.

Obviously cases of male baldness (heredity kind) can not be prevented. But Head Start can help in giving the hair the food it needs to be its healthiest.

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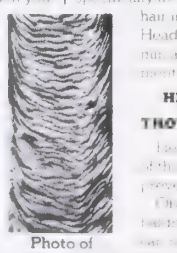


Photo of healthy hair shaft

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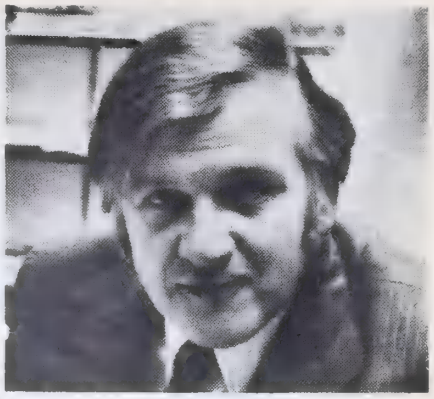
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"We're looking for people to write children's books."

If you ever wanted to write and be published this is your opportunity.

by Francis Gemme



Francis Gemme, a Founder of the Institute of Children's Literature, is the President and Publisher of *Gallery House* and a consultant to Young Reader's Press.

We need writers. There are over 200 publishers of books for children and more than 400 magazines, all of which have a need for writers.

Have you ever read a children's story and said, "I can do better than that"? Have you ever deplored the lack of good new literature for young readers? Do you love children? Do you want to do something important with your life? Do you want the personal satisfaction and the rewards that come with writing for children? That very attitude may be the clue to you that you can do it, for the desire to write must come first.

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Once you learn to use the basic writing techniques, writing for children is easier than you think. Your personal experiences, fantasies, personality traits, and hobbies all lend themselves to good subjects. Many of these subjects have been written about — plainly and simply — and have been published. You probably have within yourself many children's stories that only you can write.

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The Institute of Children's Literature was founded to encourage more and better writing for young readers. Top writers and publishers have worked together to create a professional course to teach you to write for young children and for teenagers. They include people like Lee Wyndham, a teacher and author of forty-eight books, including *How To Write for Children and Teenagers*, Hardie Gramatky, author and illustrator of many famous children's books like *Little Toot*, and John Ledes, President of Astor Honor Books and author of many award-winning children's books. In total, these professional writers have published hundreds and hundreds of books and magazine articles for young readers. They know how to write — how to teach — and how to help you publish.

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Because writing is a very personal experience, we believe that the teaching of writing must also be personalized. That is why, in addition to writing materials, textbooks, instruction, and assignments, you will receive personal guidance on every lesson from your own instructor.

The instructor chosen for you will be a professional writer who will remain with you throughout the course. He will show you how to use your personal feelings, experiences, imagination, and interests to write for children — in your spare time at home.

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A writing course is most effective when you can work at the time you feel most like working. With this course, there is no bell to end the class and no interruptions from other students. You and your instructor can work together at the pace most suitable for *you*. This flexible schedule allows more time for each student than is possible in a classroom situation.

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This year, more than 30 million children's books will be published, producing total sales of over 170 million dollars! And over 400 periodicals for children with a combined circulation of over 80,000,000 will be published. Books and magazine articles for children are frequently adapted for television and for the movies. In addition, there are twenty-four children's book clubs and a rapidly expanding children's paperback market.

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Francis Gemme, Director

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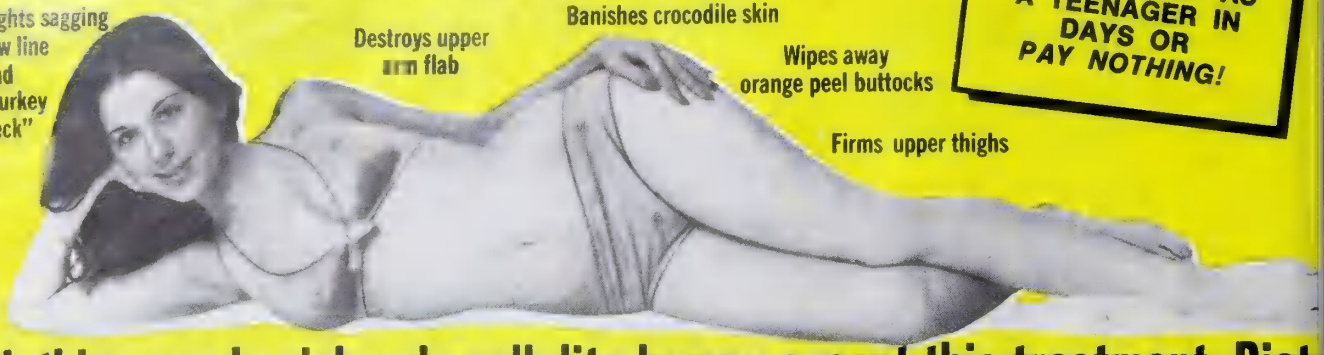
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AT LAST! THE AMAZING ORIENTAL PLANT THAT HELPS WIPE AWAY UGLY CELLULITE IN JUST MINUTES A DAY!

MUST MAKE YOUR BODY SUPPLE AS A TEENAGER IN DAYS OR PAY NOTHING!



Nothing can banish ugly cellulite bumps except this treatment. Diets alone can't do it. Exercise alone can't do it. Even surgery can't do it

Glamorous European beauties have cherished this astounding beauty secret for years. But, at last, we have discovered their secret and share it with you. Our "Loofah Pad" contains thousands of tiny "fingers" that work with our unique beautifying program that banishes beauty-robbing Cellulite in just minutes a day.

Only Minutes A Day

In a matter of days you'll have a younger, more glamorous looking body without strenuous dieting, rigorous exercise or nerve-shattering pills. And, you achieve this miracle in the privacy of your own home, for a tiny fraction of what it would cost to attend a European beauty salon.

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Sensual European Ladies Swear By It

They say the program turns your own bath into a full fledged European Health Spa. International magazines say the plan effectively attacks problem areas, as it creates a sensually smooth skin. Other authorities say Nothing can banish ugly Cellulite bumps except this treatment. Diets alone can't do it. Exercise can't do it. Even surgery can't do it!



CELLULITE is fatty deposits that have gone astray and are clinging to the most obvious parts of the woman's body. If left unattended, they create "turkey watties, sagging jaw lines, flabby upper arms, ugly thighs, crocodile skin.

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The Fascinating Story of LOOFAH

Loofah belongs to the cucumber fam and originated in India about 2000 yea ago.

About 500 years ago, a Korean king, S chong the Great, ordered his men to fi a sponge strong enough to cleanse h body but gentle enough not to scrat his skin. It did not take very long for h men to find SUSEMI (Korean name f loofah).

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Many doctors recommend loofah for ability to stimulate the skin while t juice of loofah soothes the body.

READ WHAT WORLD RENOWNED AUTHORITIES SAY ABOUT CELLULITE:

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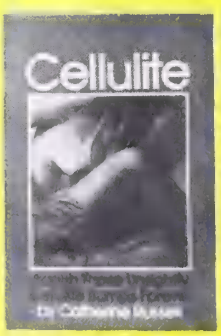
"During my residence in Paris, I was intrigued by loofah, which, except in Europe, was not yet much in vogue. The accompanying tag declared it excellent for cellulite, or peau d'orange — skin of an orange."

I asked the pharmacist for an explanation of peau d'orange. He described the condition and the loofah, he said, was good for the massaging action needed to help [illegible] the fat accumulations."

Cellulite

[illegible] nishments to the skin. [illegible] is equally effective."

[illegible] own cellulite bulges, [illegible] so smooth that practically [illegible] includes it as part of her daily bea[illegible]



Banish Those Cellulite Bumps Forever,

by Catherine Russek

"The loofah, a Swedish sponge or mitt, is an instrument of massage. This will smooth your skin, flaking off the dry outer layer and leaving you smooth as the proverbial baby."

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A LOOK AT THE FORDS

continued from page 116

"I'm trying to learn as much about the history of the White House as I can. I have learned a little but there's so much to know. There's a story behind every piece. It's fascinating learning, but it's hard to find the time. If I take people around it helps me to remember."

Taking the elevator downstairs she remembers, "Oh, I forgot to tell my agent I was coming down. The President forgets to tell them all the time and you see these Secret Service men come flying after him."

I remark that I can't imagine living in the White House—the hugeness, the splendor of it all.

Mrs. Ford nods wryly. "Um hum," she says. "We left an eight-room house with a pool for a three-room apartment."

I hadn't thought of it that way, but it's true. Except for the First Family's corner living area on the second floor and Susan Ford's bedroom and the guest bedrooms on the third, the White House is open for tours six days a week. There is never any privacy.

"Nixon used to have fires in all the fireplaces all the time and keep the air conditioning on," she says as we enter the Yellow Oval Room, a formal, rigid receiving room which looks like the last place you'd want to be received.

"I can't stand this stuff, to tell you the truth," Mrs. Ford whispers, referring to the stiff, straight-backed gilded furniture. "The Nixons liked it this way, but I'd rather have something less formal and more comfortable."

She pauses near a winged gold figurine of a woman with a bowl stuck on her head. "She used to be holding a scroll, but it disappeared—so whenever I pass her I try to give her something to hold," and she slips a cigarette into the gilded grasp. "Then I wait to see how long before someone notices. I wonder if they know it's me," she smiles.

Unabashedly honest

Susan Ford, wearing blue jeans, turtleneck sweater and wind breaker, breezes by while the First Lady and I are in the Queen's Bedroom.

Tall and striking, with natural good looks, Susan is an imposing seventeen-year-old presence. She is bright, composed, cool, collected—and unabashedly honest. For instance, she took no pains to conceal the fact that, for her, my arrival was less welcome than my departure. I discover that David Kennerly is Susan's White House friend and confidant. They have gone out together a few times, and he has been giving her photography lessons. So my visit was not a high spot in her week.

Though I saw her frequently during the time I spent at the White House, Susan spoke to me only once.

"When are you leaving?" she asked flatly.

I laughed. "Is tomorrow soon enough?"

She brightened visibly.

The next day Mr. Ford flew to Atlanta for one night. I was allowed to accompany the Presidential party. We landed in a rainstorm. At the bottom of the steps, the President was greeted by a welcome committee that included Miss Georgia, whose laminated pageboy wouldn't wilt, even as she stood in the pouring rain.

The route into the city was cleared of traffic and the Presidential motorcade included five motorcycle police, two police cars, a helicopter, the Presidential limousine (which had been flown down ahead of time), a Secret Service car, a control car and a trail of others.

"Everything quiet here?"

Inside the lobby of the Regency Hyatt Hotel, we were greeted by a small, old dog streaming with ribbons. The animal sat casually on a coffee table, with cardboard signs reading "Hail All Hail Mr. President" covering his body.

In the elevator a young, pistol-toting policewoman was asked, "Everything quiet here?" Shoving her gum to the side of her cheek she replied, "Yessir, and we intend to keep it that way."

The President held a press conference, then had a working dinner with a group of Southern governors. They went downstairs to the private banquet room where there was an endless buffet backed by huge, carved ice figures, among them the Presidential seal.

A Secret Service man pushed Alabama Governor George Wallace's wheelchair into the room. The agent pointed toward the ice sculpture. "Look, sir, there's a bear with a fish in his mouth," he said helpfully. But Governor Wallace wasn't looking at bears or fish.

"I think this is for you, George," the President said, indicating the only place at the long table at which there was no chair, and the Governor was wheeled into position. The press surged in for photos, then surged out. The doors were closed and dinner began.

Gerald Ford has been described by satirist Gore Vidal as the man in horror movies who comes running up shouting that the monster is attacking. Comedian Mort Sahl characterized him as the man at Safeway who okays your check. Oh, well. If he is not the most charming and urbane of men, he certainly is one of the most guileless: simple and straight. I think we've begun to stand back from smooth-talkers. At least Gerald Ford can be taken at his word.

"He'll charm you," a newspaperman warned me. And the President did. But not in an insidious way; he's hardly Rossano Brazzi. But it is very easy to develop affection for him; he just seems so fundamentally decent that it counts for a lot.

Reporters are a skeptical, unsentimental bunch. Unlike me, they are not dazzled by the fanfare and they are hard to impress. They've seen and heard it all too many times before.

"We're having a hard time getting a handle," one of them said to me. "Good luck. He's a nice guy, but don't look for anymore than that. What you see is what you get."

Well, if the press had trouble getting a handle on Gerald Ford, they certainly had no trouble finding one for his photographer and me.

Those romance rumors

My visit to the White House spawned certain rumors of romance between David Kennerly and myself, and flak flew from some members of the press who were annoyed by the amount of Presidential access Kennerly arranged for me. To top it off, I was allowed to return from Atlanta to Washington on board Air Force One instead of in the press plane, which had to put down overnight in New York because of a heavy snowstorm.

Soon there were stories about "Clicking at the White House," "Sweet on Candy," "Fly Me, I'm David," and "Susan Ford vs. Candy Bergen in competition over an older man." Mrs. Ford sent David Kennerly a corsage with a card that read, "Congratulations! When's the happy day?" President Ford picked up a magazine and said, "Did you know Kennerly and Candy Bergen are on the cover of *Ladies' Home Journal*?" It was the February cover of me with a chimpanzee.

Upon reading these reports, certain of my more liberal friends accused me of fraternizing with the enemy: they likened Henry Kissinger to Himmler and reminded me of Rockefeller and Attica. My soul, I am told, needs saving. I feel somewhat like a defector and figure I'll have to blow up a bank to revalidate my liberal credentials.

Still, the overwhelming impression one gets from Gerald Ford is that he is a decent man doing what he believes is right. Whether his beliefs are good for America remains to be seen. But we're hardly suffering from a surplus of decent men these days. I found the Fords nice, easy, honest people. And for now, maybe that's enough. **End**

WILD FLOWERS

By Hannah Kahn

Nothing seemed planted
It was as though
God scattered color
And told it to grow.

ES' HOME

JUNE 1975 75¢

Journal

'K & ME
gie Dickinson
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BURLINGAME
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Angie Dickinson

I don't like gray. Or peroxide. Somebody, please come up with another idea.

I've got a sinking feeling. It's just dawned on me that the grays are coming in faster than I can pluck them out.

Another day. Another gray.

The grays keep coming while I consider the alternatives. Becoming the first girl in my class to make it as a gray haired lady. Or using a haircolor and having people say, "What a pretty color your hair is now," as if it were a new dress or a new lipstick—instead of something that is part of me. The thing is, I *like* my natural color and don't want it changed.

Another day. Another gray.

I'd better do something. Quick. But I'm scared. I think all haircolors have peroxide.

Just in time, the nice woman in the drugstore tells me about Clairol's Loving Care lotion. It has absolutely no peroxide. So it works differently from most other haircolors. It covers only the gray without changing your natural color. And Loving Care comes in 15 shades to make it easy to find yours.

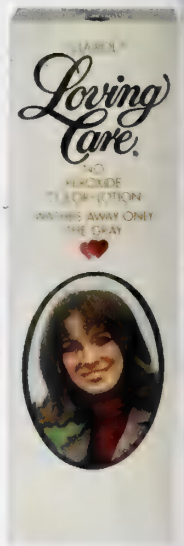
I like the idea.

Better still, now that I use Loving Care, I like what I see. And feel. Crazy as it sounds, Loving Care is actually good for my hair. It makes it softer, yet gives it more body than it had before.

Now, let the grays come. I won't see them. Neither will anybody else.

Thank you.





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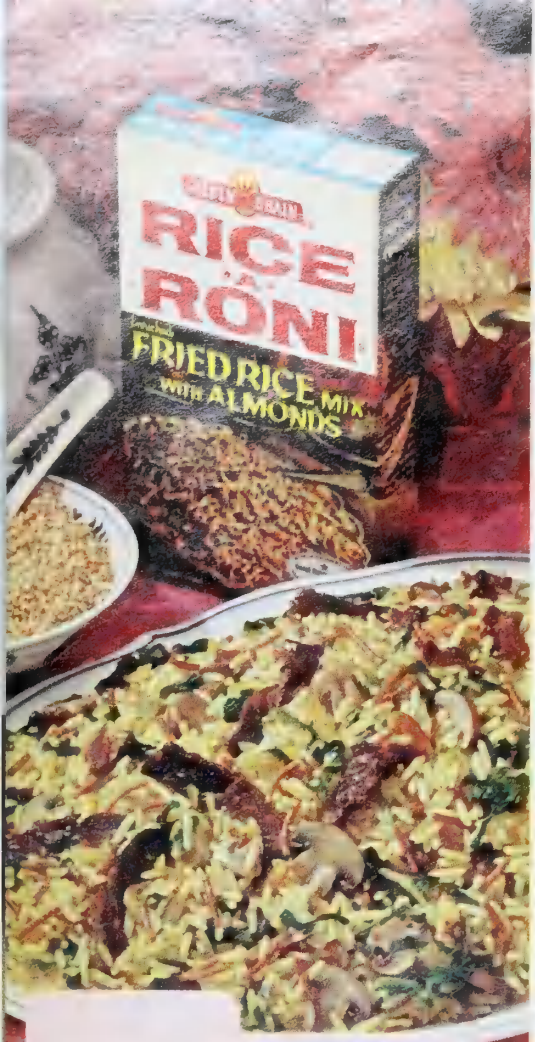
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Toasted Pink. Super Lustrous Creme nail enamels: Ivory Peach,
Sea Ivory, Sand Beige, Beach Lilac, Pebble Pink, Seashell Rose

CREMES BY REVLON

The world's leading color authority





Chop Chop Steak starts with San Francisco's Rice-A-Roni

Stir-fry ½ lb. round steak, cut in very thin strips, in 2 Tbsp. hot oil. Add 1 pkg. Fried Rice-A-Roni, brown lightly. Stir in 2½ cups hot water, 2 Tbsp. sherry wine, contents of Vegetable Sauce envelope, ½ tsp. ginger and 1 cup sliced fresh mushrooms. Bring to boil, cover then simmer 15 min. Remove from heat, stir in 1 cup shredded fresh spinach. Sprinkle with toasted sesame seeds and serve.

LADIES' HOME

Journal

VOL. XCII, NO. 6
JUNE 1975

NEVER UNDERESTIMATE THE POWER OF A WOMAN®



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Cover photograph of Angie Dickinson by Sherman Weisburd; hairstyle by Gene Shacove.

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WHAT'S HAPPENING

By Gene Shalit

Among the many great films about women this yea "A Brief Vacation" is one of the best. Then, f the whole family, "The Four Musketeers"—a lar

THE JOURNAL CHEERS the surge of films about woman's stance in society. Readers who can't find a movie to excite them, ignite them, shake them, awake them simply aren't looking. Because look: *A Woman Under the Influence . . . Scenes from a Marriage . . . Alice Doesn't Live Here Anymore . . .* and now from Europe, a memorable final film from the late Italian director, Vittorio DiSica: *A Brief Vacation*. The poet Appolinaire wrote: "Sickness is the vacation of the poor." And so DiSica gives us a working-class woman, laboring in a rubber factory in Milan, living with her oaf of a husband, her crone of a mother-in-law, and a parasitic brother-in-law—plus three squalling kids. She supports them all, and one morning on the stifling assembly line she collapses. The diagnosis is TB and, over the protests of her who's-going-to-support-us famileaches, the factory sends her off to a mountain sanitarium to recuperate. She does more than clear her lungs, she clears her *head*. She gets a perspective on her miserable Milan malaise. A slingshot change from the grime of her life to the time of her life: kindness, good food, conversation with people beyond the third grade. Her sickness *is* a vacation, a civilizing influence. Suddenly, she discovers reading. Suddenly, she is at a concert. Suddenly, she falls in love. Does this plot sound like a daytime serial? It is not. It is not because of DiSica, and because of the performances—most especially by Florinda Bolkon, as the heroine, and Adriana Asti, as a doomed cabaret performer. And over it all—shaping, distilling, heightening—is the DiSica intelligence turning the everyday into the kind of film one does not *have* everyday. In fact, *A Brief Vacation* is so romantic, so touching, so true, that I feel lucky to have it at all.

Back to Alice

I must return to *Alice*, starring Academy Award winner Ellen Burstyn, because it is a galvanic film about a car-crash widow on the road with her 11-year-old nasty-mouthed son. She yearns to be a singer but settles for the only job she can get—a waitress in an eats joint in Tucson. There she meets K Kristofferson, a rancher with a bu beard and sweet eyes. They fall in lo (Some women have complained: W does she need a man? Whose idea o happy ending is *that?*) In the sc expressing their love, he hammers fence, speaks gently, she caresses beard. This is the scene she's fond



I talked with Ellen Burstyn recent I asked her why she likes it so. El Burstyn: "It appeals to me because one of the few scenes that I've se where the focus in the love scene is how the woman feels about the m Usually the camera moves lovingly o the woman from the man's view. V all know how men feel about wom from watching movies, but we hard ever know how a woman feels about man. When we started that scene, I sa 'why don't we show his hands for while? Show him hammering, fixing fence, that's attractive to me.' It w done with the focus on Kris, not as sex object, but as a lover." As I sa earlier, "The *Journal* cheers."

Time for larks

Not every movie is that heavy. N every story is about what the Briti used to call Birds. There are still son larks, and if you'd like to take a flier just plain fun, try *The Four Musketee* (up 33% from *The Three Musketeers* As far as I'm concerned, the four t merrier. It's a spiffy spoof directed Richard Lester, *(continued on page 1*

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MEDICINE TODAY

By David R. Zimmerman

Thousands of women are choosing a simple, new wa to prevent pregnancy forever. Some patients can eve check in and out of the hospital on the same da

A new, little operation has come of age as the simplest, surest—and most popular—way never again to get pregnant. Moreover, proponents say that it delivers a bonus: Because a woman who undergoes it need never again worry about the birth control pill's side effects, and because she won't have to use a diaphragm or IUD anymore, she often finds sex more spontaneous and enjoyable.

This popular sterilization operation is often called "*Band-Aid* surgery," because a dressing as small as an adhesive-strip bandage will probably cover the incision, which is only three-quarters of an inch long. The incision is usually made in or just below the navel, so it leaves little or no visible scar.

Doctors call the technique laparoscopic sterilization. It is named after the laparoscope, a thin instrument which is passed through the incision into the body. With it, a doctor can see the two fallopian tubes, grasp them firmly, and cut a segment out of each with an electrically heated wire. After the procedure, ova entering the top of a fallopian tube will no longer meet sperm swimming up from the bottom. Thus conception cannot occur.

A key technical advance that led to laparoscopic sterilization was the development in the last decade of the flexible glass fibers used in the laparoscope. They carry bright, cool light on a curvy pathway, four or five inches deep into the body, to illuminate the reproductive organs and transmit a sharp, coherent image to the gynecologist.

For a woman who wants to be sterilized, the laparoscopic procedure may be a far better choice than other sterilization techniques requiring major surgery. Besides leaving a long, unsightly scar, sterilization through a standard abdominal incision (laparotomy) requires seven to ten days of hospitalization—with all the attendant costs—and a long, sometimes painful convalescence. Another method of sterilization, which calls for an incision in the top of the vagina, may invite infections and other complications.

By contrast, the new technique usually requires only one night in the hospital. Some gynecologists even perform it on an out-patient basis: a woman can come to the hospital, have the operation and leave the same day.

When large numbers of laparoscopic sterilizations first began to be performe in the early 1970's, imperfect equi ment and gynecologists' inexperien with the method led to complicatio and a high rate of failures—women w became pregnant after undergoing t operation. "At first," recalls New Yo City gynecologist Solon Gottlieb, M.I "there was a ten to twelve percent fa ure rate—much too high for women w don't want any children."

Today, experienced gynecologic la aroscopists rarely fail, says Dr. Gottlie A measure of their success rate may due to a new professional group of la aroscopy specialists: the American A sociation of Gynecological Laparosc ists (AAGL). Among 886 doctors w performed 147,000 of the sterilizatio last year, the AAGL reports a failu rate of fewer than two patients p thousand. The number of fatal comp cations fell by two-thirds between 19 and 1974, to a remarkably low figure only one in every 11,700 sterilizatio

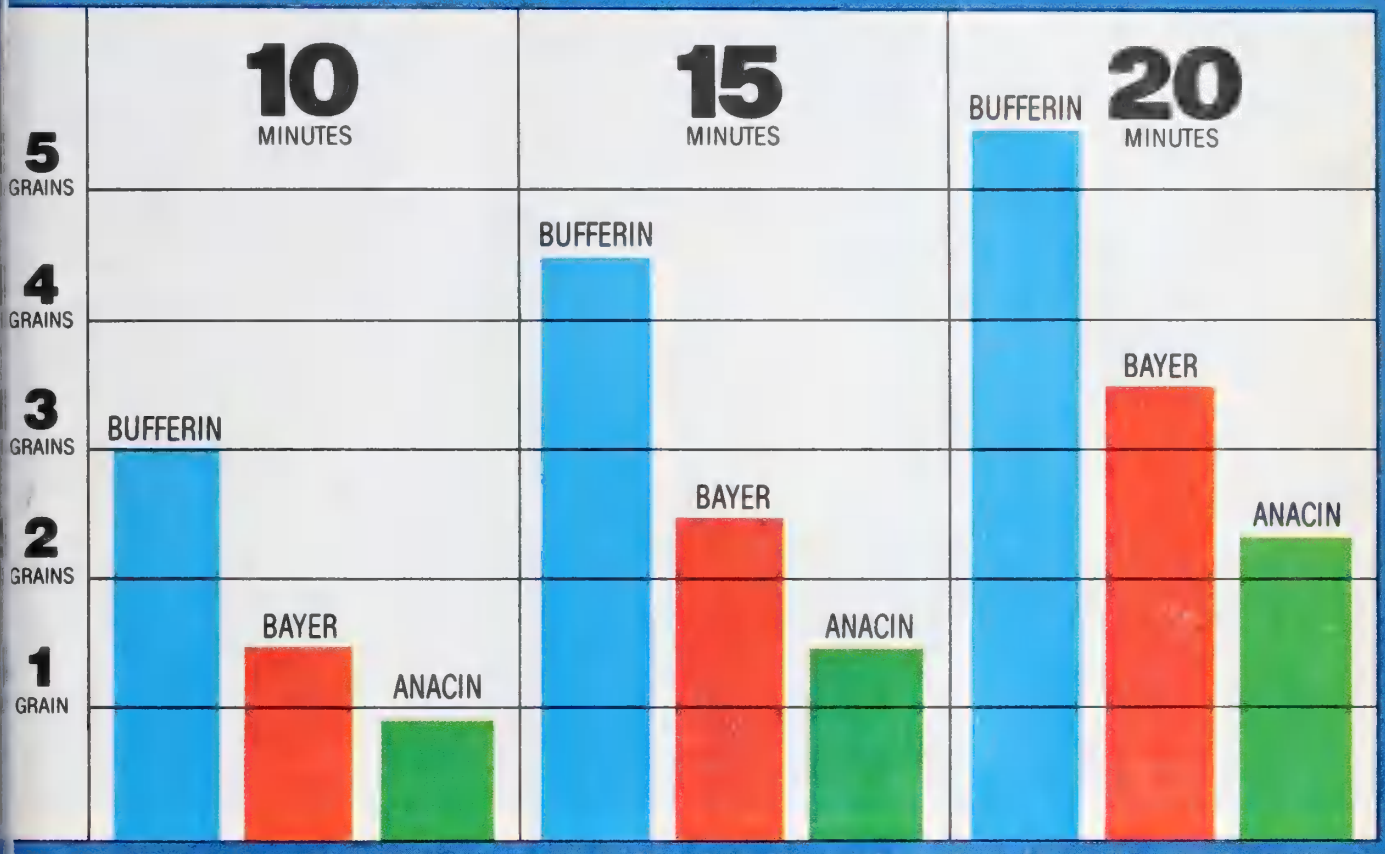
The AAGL president, Jordon Philli M.D., says laparoscopy has become t most widely used method for sterilizi pre-menopausal women. While he sa the cost may vary widely it should n exceed $500.

Laparoscopic sterilization allows woman to continue to menstruate, u like hysterectomy (the removal of t uterus), which is often used as a bir control procedure. After laparosco sterilization, a woman's body rema under the control of her own interna produced female hormones. However woman sterilized laparoscopically at a 30 may still have to face the questi of whether to undergo a hysterecto ten or 15 years later, to forestall can in her no longer useful reproductive gans. But in the interim, laparosco sterilization facilitates sex without co ception or contraception.

One expert who is heartened by t safe sterilization procedure is Jud Wortman, R.N., senior researcher at t Population Information Program, a fe erally-funded project at George Wa ington University Medical Center Washington, D.C., that evaluates bir control techniques. Mrs. Wortman poi out that even though laparoscopic st ilization has now been offered to wom who are high-risk surgical candida (women with heart conditions, etc deaths have (*continued on page 1*

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AT'S HAPPENING

nued from page 8

did A Hard Day's Night, when the es were the world's fourmost favor- These musketeers are Oliver Reed, ael York, Richard Chamberlain and s Finlay. They are elegant charac- who won't allow a battle to interfere their breakfast—they contrive to an enemy bullet ping open their of champagne, and they swash ev- uckle in sight. Lester's loaded this pic with lots of laughs, including ne of a one-eyed spy who is up st the firing-squad wall: They know how to blindfold him . . . ntally across both eyes, or verti- over just the one good eye. There lso a sinister Faye Dunaway SSS) and a heroic Raquel Welch rs) who is kidnapped and hidden nunnery where she is the subject es like "Don't get into any dirty s" (groan). *The Four Musketeers* evel with a cast that seems to be g as much fun as the audience. show you can take the kids to you're having a jolly time your-

Sustained hysteria

Humor of a different sort—spoken rather than visual—comes from Neil Simon, whose newest movie is based on his Broadway comedy, *The Prisoner of Second Avenue*. This time the man who gave us *The Odd Couple* and *Barefoot in the Park* gives us a New York advertising executive (Jack Lemmon) cracking under the strain of the city, the noise, the crabby cabbies, the aromatic garbage, the heat, cold, and general frenzy. It's driven him to screaming and wall banging—a common wall with the bedroom of two German airline stewardesses who bang back. I don't know when they find time to fly. And above him are a boorish couple who belt him with water from their terrace. To top it off, Lemmon is fired from his job. Trying to cope with all of this is his patient (and she'll *be* one if he doesn't shape up) wife—Anne Bancroft. So he's fired? So *she* gets a job. And that role inversion tips him over the edge. Wait a minute! Here comes Jack's brother—Gene Sacks—coming to Lemmon's aid. Just in the nick of too late: Lemmon has cured himself, and Neil Simon has strewn the *(continued on page 108)*

E SHALIT RE-VIEWS

Doesn't Live Here Anymore. Ellen vn delivers an impact performance what-do-I-do-now widow on the road zona accompanied by her insufferable r-old son.

ord. Federico Fellini at his best. One finest films in years. Don't miss it.

ng Last Love. A musical by Peter Bog- ich proving that not everybody can Cole Porter's songs. Cybill Shepherd, ture model, tries in this one. The pleas- rprise is her partner, Burt Reynolds, ngs and dances with relaxing style.

f Vacation. Vittorio DiSica's final film riumph. A factory worker suffocating ner squalid life, is sent to a mountain rium. She clears not only her lungs, r mind. A picture every woman should

quake. Too many faults.

our Musketeers. Charlton Heston, Mi- York, Raquel Welch, Faye Dunaway, d Chamberlain, Oliver Reed and all of hanky-panky in this farce that's with fun.

Lady. Barbra Streisand in the classi- ssiest, brassiest musical humdinger in James Caan scores as Billy Rose in weet and sour romance between the the follies and the ballyhoo genius she r a while. It all started with Funny nd Funny Lady must be the end un- u want to watch Funny Senility.

e and the Bean. James Caan and Arkin as plainclothes cops obsessed tomobile chases. Lots of crashing between the funny stuff.

ront Page. Jack Lemmon and Walter au in the 1928 comedy. Don't stop esses.

ambler. This story of a college En- rofessor who's a compulsive gambler ixture of Dostoevsky and dice. James performance is a winner, but the is no big deal.

odfather, Part II. A masterful piece k by Director-Writer Francis Ford la, with notable performances by Lee Strasberg (making his film debut at 72), John Cazale, Robert De Niro and Al Pacino. Not as violent as Part 1, but richer, more textured, dense and disturbing.

Harry and Tonto. An endearing movie, with Art Carney in a shining performance.

Lenny. Dustin Hoffman as Lenny Bruce (who was a trial to his friends) acquits himself admirably, and Valerie Perrine is striking as his stripper wife. Not totally successful as a biography because it's blunted instead of blunt.

Murder on the Orient Express. One of the starriest of all-star casts turns Agatha Christie's mystery into a movie worth making tracks to see.

Rosebud. John Lindsay didn't know how lucky he was to be Mayor of New York. Now he's elected to become an actor. But director Otto Preminger is the wrong party to get tied up with. Only Peter O'Toole survives this movie about Palestinian terrorists, rich-girl hostages, Israeli computers, and the CIA. I give Rosebud four thorns.

Scenes From a Marriage. Ingmar Bergman unravels the lies and longings of a husband and wife in three hours of Swedish intensity starring the practically incomparable Liv Ullmann.

The Stepford Wives. About a suburban town whose men turn their wives into housecleaning, bed-bouncing robots. Although it is unbelievable, it is boring.

The Towering Inferno. Paul Newman, Steve McQueen and a skyscraper that is highly (138 stories) flammable. Among disaster movies, this one is matchless.

Young Frankenstein. Mel Brooks directed Gene Wilder, Peter Boyle, Marty Feldman and Madeline Kahn in a spoof that's monstrously funny.

A Woman Under the Influence. Gena Rowlands—as a woman of benign madness—gives the finest performance by an actress in the past year, and Peter Falk is brilliant as her working-class husband who can't cope with her. As directed by John Cassavetes, this is a most relentless film.

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CAN THIS MARRIAGE BE SAVED?

By Dorothy Cameron Disney

"Quarreling is childish," says Steve. "Apologizing is hypocritical," says Eve. But unless you express those angry and sorry feelings, where are they supposed to hide?

Many people are so frightened of their own feelings that they learn to bury their emotions early in life. They rely on their minds to tell them how to feel. But your mind and your heart are very different—each frequently feeds you a contradictory message. In this case, both Steve and Eve are totally out of touch with their own feelings. Eve grew up watching her mother constantly apologize to her father for being unfaithful to him—and then go out and do it again. In her mind, Eve decided that all apologies were hypocritical. A very intelligent person, she should have known that people sometimes do things for which they are sorry, but, because her feeling against her mother was so strong, Eve never really thought this issue through. Luckily, with some counseling, she was able to become aware of many of her long hidden feelings, as was her husband Steve. The counselor in the case was Dean Smith.

PAUL C. POPENOE, SC.D.,
Founder and Chairman of the Board,
American Institute of
Family Relations

Eve talks first

"We were lying in bed when Steve proposed to me," said 31-year-old Eve, a practicing physician and mother of two. "We'd just made love and he sounded as if my performance deserved the tribute. For eighteen months, ever since my first husband's death, I'd been hoping, scheming, working toward the moment Steve would ask me to marry him. He is the only man I have ever truly loved and the only one who ever turned me on sexually including my first husband, the father of my children.

"Yet now it seems that I've lost Steve. A month ago I slept with another man—I have no idea why I was such a fool—and Steve swears he will never forgive my infidelity, I will never forgive myself, that's for sure."

A tall, brown-eyed brunette, Eve's olive complexion was skillfully made up to cover a disfiguring birthmark. She touched the hidden mark as a reflex gesture. "Before I tell you about Steve, I should tell you about my first husband. I noticed Tom only because my mother declared throughout my childhood that I was too ugly ever to attract a man. Mainly to prove that she was wrong, I jumped in bed with the first male who propositioned me—Tom.

"I was seventeen and had no intention of marrying anyone; I wanted to complete my education and be a doctor like my father and his father before him. Until I was twenty-one I lived with Tom on a semi-permanent basis while attending college.

"But in my junior year I decided I wanted a couple of kids, one boy, one girl. When Tom agreed to hire a full-time housekeeper—I didn't have time for the physical care of children and upkeep of a home—we were married. Both my youngsters, a son and a daughter, arrived as scheduled—during summer vacations. By the time my son was four years old, I had my M.D., with a rewarding practice in a disadvantaged neighborhood, and was debating how to manage a painless divorce from Tom.

"That's when I met Steve. It happened at a med school seminar that I was invited to address. The minute Steve strolled in, smiling his wonderful smile, I knew he was my destiny. I soon found out he was an indifferent student and a divorced playboy, but that didn't change my mind.

"I gave a second lecture to the class, then a third. Steve didn't notice me until I posted a notice on the school bulletin board offering to tutor an evening group. Steve promptly volunteered to join.

"Then, one rainy night three months after I organized the tutoring group, Tom crashed into a trailer truck and I was widowed. It was an eerie feeling. I was more shaken by the loss than I would have believed possible. Maybe it was guilt, I don't know. The phone call reached me at school and Steve showed his first interest in me as a human being—a woman. He drove me to the hospital to identify Tom's body and helped me make the funeral arrangements; he was wonderfully helpful in breaking the news to the children. That night Steve and I first made love. Not long afterward, I became his steady girlfriend. He made me no promises of fidelity and I asked none. I was equally free, of course, but I didn't want anyone else.

"Every week we spent at least two nights together. On a good many evenings, when I knew he was dating one of his other girls, I was in a frenzy of loneliness and a peculiar sort of jealousy. I could bear his seeing someone else for a few hours, but what I couldn't bear was to sleep the whole night through by myself. On those evenings I would pace the floor waiting until midnight or later, then I would dial his number—he never answered if he was occupied—and assure myself that he was alone. Then I would drive to his apartment, sometimes in my nightgown. With his other visitor safely gone, I would unlock the door and slip into bed beside him. Thus I could console myself that Steve was free in the way he demanded, yet I came first."

Again Eve touched her hidden birthmark. "To be Steve's wife was my ultimate ambition; when he proposed it was like a miracle. I have always believed that a wife has an obligation to be faithful to her husband. I intended to be faithful to Steve—I promised him I would be on our wedding day, and I meant it with all my heart.

"My mother was promiscuous and ran out on my father countless times, invariably turning up again sniveling that she was sorry. The result is that I just can't tolerate such behavior. Apologies, tears, saying I'm sorry strikes me as a stupid, disgusting pack of lies. My mother wasn't sorry; she was just lying.

"Our marriage started beautifully. For a while the companionship was marvelous. Together we boned up for Steve's med school finals and he got through okay—although with lower marks than mine had been. However, when he started his internship, the situation abruptly changed. To my astonishment and hurt, he suddenly announced that he no longer needed my help. And then he virtually disappeared from my life. For the next year I hardly saw him. When he wasn't at the hospital, he said he was studying at the library. But I checked one night and he wasn't there. I knew I had no right to spy on him or be jealous, but I was sick with jealousy.

"In spite of all his work, the first few months were rough on Steve. Again I offered to help; again I was turned down. He finally finished the year, decided against a residency, and joined my father in his lucrative practice. I was very happy for Steve.

"Nevertheless, our marriage went sour for some reason. Although I *(continued*

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest marriage-counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations, and other minor details have been altered to conceal identities.

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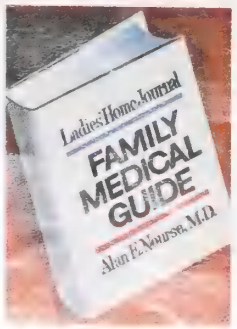
by Jime Barrett



Fleas and ticks on rampage! That's summertime news. The time when fleas and ticks are out for blood – your pet's. Now for the good news: **Sergeant's® Sentry® IV Collars** kill fleas *and* ticks. In fact, Sentry IV with Sengard® kills fleas four full months – not just three. At $2.49 the Sentry IV Collar is good news for your budget, great news for your pet and bad news for fleas and ticks. This summer don't let fleas and ticks rampage all over your pet. Get a Sentry IV Collar. Just one of over 200 quality tested products for all kinds of pets from *Sergeant's, the pet care people.*



You supply the odd moments and LHJ will supply the needle, yarn, design, frame and everything else needed to make a genuine **19th century Victorian Rose needlepoint footstool.** Perfect for child perching, foot raising, as an heirloom in the offing or 'I love you gift'. Completed it's about as big as a bread box, a cinch to assemble and costs less than half the machine sewn, commercially available versions. Send check or money order for $17.98 to Ladies' Home Journal, **Victorian Rose,** Dept.5636, 4500 N.W.135 St., Miami, Fla. 33059.



One physician-reviewer calls Dr. Allan Nourse's LADIES' HOME JOURNAL FAMILY MEDICAL GUIDE, "The most practical and complete medical guide ever written." If more than once you've found your books on baby and child care midnight gods-sends, you'll be just as grateful for what Dr. Nourse has now done for your whole family. Plus being practical, it's fascinating reading. This new book is offered to Journal readers only (you're one right now) at $2.00 under the regular price. Send check or money order for $12.95 to: LHJ Dept. 5831, 4500 N.W. 135 St., Miami, Fla. 33059.

(Advertisement)

THIS MARRIAGE

continued

concealed it. I felt rejected, unneeded, unloved. Still, my shut-out feeling isn't any excuse for my unfaithfulness a month ago.

"Ever since I was a kid I've known I was ugly, but I used to pride myself on being smart. Last month I fell for the oldest con game in the world. I listened with wide-eyed sympathy to a man who whined that his wife didn't understand him; in no time flat we were in bed. I don't even like the guy.

"By an incredible mischance, Steve caught me the same day—caught me in my lies. And now he declares that he and I are through unless I say I'm sorry. I've never said those words in my life. Much as I love Steve, I don't feel I should let him force me to go against my nature and my thinking and be a hypocrite like my mother."

Steve's turn to talk

"I got married twice when I didn't want to," said 37-year-old Steve, a blond six-footer with somber brown eyes. "Both times I was trapped by a sense of obligation, a masculine failing women delight to exploit. When I first took an interest in Eve, she was a young widow with two small children. Although she has twice my medical skill and probably twice my brains, at the time she lost her first husband she needed me. I was impressed by her lack of hysteria, the unsentimental way she accepted the tragedy—and my assistance. I admired her strength and independence.

"Although it was clear she had an oversized ego, I was tickled by her vanity and aggressiveness. Eve is a fantastically sexual woman, and I knew I satisfied her. Again and again she told me she would never need or want any other man—and I believed her. I thought she was a woman with integrity—someone completely unlike Stella, my first wife. I was never even slightly interested in Stella, but I dropped out college and married her when I w nineteen years old—she was pregna with my baby.

"For six long years I supported, liv with and tried to tolerate a lazy, ign rant, whining wife who, I discovere was cheating on me with almost eve male who rang our doorbell. I will ways feel that I sacrified six years of r life on a tramp.

"Early in our relationship, I told E all about Stella. Eve was fully awa that I had very little respect for t female sex. She knew my attitude t ward marriage. She knew I could handle infidelity in my wife, a wom who belongs to me.

"Yet she persuaded me that she w different. During our honeymoon day as I had more or less anticipated, s tried hard to make herself the boss, b I was prepared to cope with that. I l her coach me through my last year med school as a matter of convenienc But when it came to internship, E found herself eliminated from the pi ture; I did my work alone or asked he from friends. I got through my inter ship without help from her—a boost my ego that probably burned Eve u although I've never heard her admit She very sweetly congratulated me whe I joined her dad's practice, but I fe sure she has been secretly resentf right along. For one thing she wou never visit me at my office. Too bus she has always said.

"A month ago I had a call downtow and to show I wasn't proud, I droppe into Eve's office. It turned out to be big mistake—for both of us. Eve was there. At half past two in the afternoo her embarrassed nurse informed m Eve was making hospital rounds. Ho pital rounds are scheduled in the ear morning, as both the nurse and I we aware. I didn't argue the point. On t return trip to my office, I drove past motel I had once heard Eve mentio

(continued on page 9

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"I laughed when they set down the bowl of new, improved Gaines·burgers®."



He won't eat them, I said.

I mean, all he ever eats is canned dog food. It's got to be moist and meaty, or he just stares at you and walks away. So if it doesn't come from a can, forget it.

But these are new, improved Gaines·burgers®, they said.

I said that was very nice, but my dog wouldn't eat them.

Then they said, these are the moistest Gaines·burgers ever. And the meatiest Gaines·burgers ever. And the best-tasting Gaines·burgers ever.

I said that was marvelous, but he wouldn't eat them.

Well, he ate them.

I mean, he *demolished* them.

So now my dog demolishes them regularly. The Beefy Gaines·burgers and the Cheese-flavored Gaines·burgers and the Gaines·burgers with Egg. He likes the variety, and I found that I don't really miss having those cans of half-eaten dog food all over my refrigerator.

I'm not laughing anymore.

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HOW TO SAVE ON VACATIONS

Like anything else you buy, vacations come in all price ranges. Here, in an excerpt from her comprehensive new "Money Book," the nation's foremost money-management expert tells you where and how to find the real travel bargains. **BY SYLVIA PORTER**

If you *must* take your vacation during the peak weeks of summer, save by heading for the less-crowded areas. Don't squeeze yourself into the popular national parks, or visit a jammed resort. Head for one of the less crowded western Canadian provinces or the wide-open spaces of Montana or Idaho, or a remote section of Upper Michigan. Or go to New York City while New Yorkers are off summer vacationing themselves. Miami and the Florida Keys offer reduced summer rates. The ski towns of Colorado don't have as many summer visitors as winter skiers, yet their year-round weather and accommodations are delightful.

Save on package plan

Another key way to save is by buying a vacation "package." Many hotels in resort areas advertise special rates for stays of a weekend or a week or more. Often these are part of a transportation package with the airline or railroad serving the resort. Travel agents can suggest literally hundreds of good, money-saving packages. Or if you are buying a tour, consider a package, too, on unescorted, standard-itinerary tours sold by tour operators. Included in the flat, low price will be your air ticket, hotel room and certain sightseeing expeditions. You pay only for meals and extras and *you* decide how you want to spend the majority of your time.

If your time is limited and you're traveling a fairly long distance, a plane is the only way to go. If your funds also are limited and you're traveling a long way, a plane can be an economical form of transportation, too. But how economical it will be will depend on your knowledge of and ability to take advantage of what has become a fantastic web of air fare bargains, low-cost package deals and travel discounts.

Bargain air fares

The basic fare the majority of travelers pay today is the "*Y*"—for coach. Every $1.00 on this fare costs $1.37 to $1.63 first class. There are also many special stopover and "circle" deals offered by most airlines. There are lots of angles—such as scheduling your flight at mealtime to save on restaurants, traveling light to save porter's tips.

Be on the alert, though, for major changes in all arrangements under which you now fly. The Civil Aeronautics Board, which regulates the U.S. air travel industry, is making, and will continue to make, fundamental alterations in the criteria governing all fares.

Consult a knowledgeable travel agent or inquire at various airlines about the best bargain deals and the rules for taking advantage of them.

Avoid being overcharged by checking the fare for the flight with more than one airline or ticket agent.

Charter flight bargains

"Travel abroad" has a lot in common with any familiar consumer product. You can buy it in a wide range of brands, grades, quality, types and guarantees. You can buy it at list price. Or you can buy it marked down.

To illustrate: There are the individual fares available on the scheduled airlines which offer you the greatest flexibility in schedules and the highest guarantees of service and responsibility. These are at the very top of the price range. Then there are the package tours and special group fares, offered by the scheduled airlines and their agents, which are subject to limitations that do not apply to normal fares but which still have built-in service guarantees and negotiability (meaning the tickets may be exchanged).

Finally, there are the charters, which can be bought from a variety of sources and in a variety of forms and are the least expensive of all. Some charters include transportation only while others include arrangements on the ground as well. Some charters are flown by the scheduled airlines, some by the larger American supplemental airlines and some by European companies of varying degrees of reputation.

Here's a sampling of the many other ways you can cut vacation costs:

- Inquire about other air fare bargain deals: excursion fares (good for 14- to 21- or 22- to 45-day trips); reserve-in-advance packages (which include a minimum payment for land arrangements); special fares.
- Look into the "stopover." Any time you travel outside the continental United States, your ticket probably entitles you to stop at additional cities (not shown on the ticket) without extra charge or at a very low charge.
- Investigate the Home Exchange Service, affiliated with Pan American World Airways, which publishes an annual directory of thousands of homes around the world whose owners want to exchange with other members in other countries. Members work out their own arrangements, pay modest annual dues. Address of HES: 119 Fifth Avenue, New York, N.Y. 10003.
- Or, as a poor man's alternative, get a copy of the *Travelers Directory*, a listing throughout the United States and abroad of people and places which will put you up for free (51-02 39th Avenue, Woodside, N.Y. 11377). You must offer your hospitality to others to get the directory, and a "donation" of a few dollars to cover costs.
- If you are a student more than 12 years old, for a small fee you can get an International Student Identity Card from the Council on International

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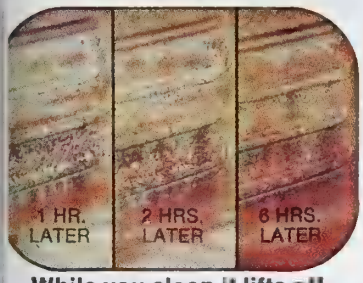
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It lets me be me

My name is Lisa.

My hair is naturally a dark blonde.
nd I guess I wouldn't have done
ything about the color if it hadn't
tten too many sun-streaks. So...
I used one of the Nice 'n Easy Ash Blonde
hades.

It evened out the color and gave
ny hair a sort of all-over healthy glow.
I think it looks completely
oft and natural. And it feels
lky, too. Nice 'n Easy is the
irst hair color I've ever used.

I like it a lot.



Nice'n Easy® haircolor
It sells the most.

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BEAUTY JOURNAL

Exercise of the month

Our exercise of the month is prompted by a line from Mrs. F.Y. of Reno, Nev. "I need something to get me moving," she writes, but I am *bored* out of my mind at the prospect of doing exercise." In the interests of fitness and fun, we're telling her—and YOU—to go out and jump rope. Jumping rope is a total exercise (as long as your doctor has no objections), splendid for circulation and for developing lung capacity. Shakes off flab, great for leg muscles. Any piece of rope will do, but if you want to exercise like the pros, buy a professional jump rope in a sports good store (about $7). And just for the fun of it, we're offering our own Adult Jump Rope Chant

Shake-up, shape-up
Head . . . to . . . toe
Jumping rope will
make me glow
A-e-r-o-b-i-c
It's the exercise for me.
How many calories can I lose?
1,2,3,4,5,6,7. . . .
(etc. for as long
as you can jump).



Border by Garie Blackwell. Illustration by Thea Kliros

TAKING IT ALL OFF: THE UNWANTED HAIR STORY

We're doing this story now, on the edge of summer, because if there's any time to be without body hair, it's bathing suit time. Understand, though, that we're not saying that you *must* tweeze, shave, pluck and bleach every last hair on your body. What we *are* saying is that if you want to remove body hair there are a number of ways at your disposal—some cheap and painless, some with a twinge or two, some that you do at home and some you let the experts do. Here, method by method, is our Comprehensive Hair Removal Report.

Shaving

We don't need to define shaving for you; it's the most commonly used method of hair removal. But we would like to point out a thing or two: if you use a razor, rinse it often to save nicks; shaving cream always makes the job easier. An electric shaver is much more convenient and less messy, though it won't shave quite so close. Because shaving leaves a stubble, we don't recommend this method to remove facial hair. Because of the tendency to nick or irritate sensitive skin, we don't recommend it for the inner thigh, or what is so delicately referred to hereinafter as "the bikini line." We think shaving works best on legs and underarms.

Depilatories

Depilatories are products containing a chemical (calcium thioglycolate), which disintegrates hair. You apply a depilatory lotion, cream or foam: let it sit, and then rinse it off. These products are useful for just about any type of excess hair, except eyebrows, with a few precautions. It's important to make a skin patch test first (some skin is irritated by depilatories), and if you experience rash or stinging, rinse the stuff off immediately and try some other method. If you're using a depilatory for the bikini line, wear an old pair of bikini panties and apply depilatory (the cream form is easiest to use here) around the edges. If you're using depilatory for facial hair, be sure to get one of the milder products made especially for the face. Some depilatories we've liked. . . . Doctor Scholl's Hair Removal Spray (can inverts for easy application), lemon-scented Nair and Neet Lemon Lotion, and pleasant-smelling Nudit Brush-On Facial Hair Remover by Helena Rubinstein.

Tweezing

Plucking hairs with a tweezer is feasible for eyebrows and stray hairs. Lessen the irritation by applying an ice-cube first and by plucking in the direction in which the hair grows. We've also discovered a kind of super tweezers (has scissor-like handles) which when used properly makes for nearly painless plucking. It's called Twizzers, made by Hoffritz. (Costs about $6.50.) *Caution:* Hair growing out of a mole should only be clipped. *Don't* tweeze.

Electrolysis

This is the only way to remove hair permanently, and it is done only by licensed practitioners. Electrolysis is performed by inserting a tiny platinum needle into the hair follicle and injecting hydrochloric acid. The hair is removed with a tweezers, the root is permanently killed—and you feel at the most a faint prickle for a split second. Because this is a costly process, it is best confined to stray facial hair. We recommend it for straggly eyebrows and mustaches.

Waxing

This process involves applying warm melted wax, waiting till it hardens, then stripping it off—and the hair comes with it. Waxing seems to slow down the regrowth of hair. Regrowth after the first application takes about 3–4 weeks; after the second, 6–8 weeks. Because it can be painful unless skillfully done, we recommend it only as a salon procedure.

Bleaching

Not hair removal, but hair disguising, bleaching can solve the mustache problem, lighten eyebrows or dark arm hairs. Bleaching preparations vary, but they always involve mixing and measuring and timing. The operation must be carried out with a fair amount of precision. (Super-caution for blonds: be careful how fast the bleach can work on light hair.) Some of the products we liked—Dorothy Gray's Better-Off Facial Hair Bleach (for eyebrows and mustache) and Andrea, Blondit and Jolen Cream Bleaches.



The Science of Beauty:

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Skin Dew

Helena Rubinstein

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Amy Vanderbilt's

ETIQUETTE

June is the traditional season for brides. And to fit the season, here are some fresh, helpful wedding hints—some of them not so traditional.

Biggest wedding expense

What's the best way to cut wedding costs?

The biggest wedding expense is the reception, so why not economize by having your reception at a time of day that would not include a meal? You might plan a two o'clock wedding followed by a reception at which guests are served champagne (or punch), hot and cold canapes, wedding cake and coffee or tea.

Bridal album

Do I really need a bridal photo album?

No, you don't need one, but you will *want* one. And many albums have numerous sections which will be useful to you, such as "Guest Register" and "Record of Shower Gifts." Shop around. You'll find many attractive buys in albums, and the pictures are marvelous to look at on each wedding anniversary.

Wedding cake

What do you think of eliminating the wedding cake? Buying one is so expensive, and a homemade one would look tacky. Right?

Wrong. The best wedding cakes these days are homemade. The icing tastes like *icing*. If you have a big freezer, make it well in advance and put it in "cold storage."

Tipping at a wedding

What do guests do about tipping the people who serve them at a wedding reception?

Absolutely nothing.

Tying a nautical knot

We are summer sailors. We want to have our wedding and reception at my parents' summer home—a small beach cottage. What could we arrange that would be acceptable to our city relatives as well as our boating friends?

Take advantage of the setting and have a completely informal reception—a beach party. Line two small row boats with tarpaulin and fill them with ice. Stock one boat with soft drinks, beer and any other beverages you want to serve, and fill the other boat with lobster salad, tuna salad, potato salad, raw vegetables and watermelon. For any outdoor reception, the wedding cake should be carried outside at the last minute or the sun could prove its undoing.

A reception like this works only if the guests are forewarned. The invitations should also be informal; beneath the RSVP, lower left, add: Casual Dress.

Amateur photography

My cousin wants to photograph our wedding and make the pictures his wedding gift to us. Should I let him do this? Many friends have said they want copies of our pictures, so I think it would be expensive to have a professional photographer.

You can rely on a professional photographer to deliver the goods. Friends and relatives, no matter how excellent they are as photographers, do get involved in wedding festivities. You may want to give wallet-size pictures to friends, but if a guest wants more than that, he or she should be expected to pay the photographer directly, not add this expense to that of the bride's family.

Homemade dresses?

I'm having a large church wedding with four attendants. Would it be wrong if I suggested to my bridesmaids that we make our own dresses? We all sew and my mother and sister are both really good and will help us. We're all in college and just can't afford to spend a lot of money for dresses.

This would be entirely proper—and an excellent money-saver. Not too many years ago, almost all brides made their own wedding gowns. Cottons such as dimity, lawn, gingham and dotted swiss (some combined with synthetic fibers) are all very much in vogue and are the easiest of fabrics to work with. Choose simple patterns and have regular fittings —with guidance from your mother and sister—and wear your dresses with pride.

Wedding flowers

Is it necessary to have flowers in the hall where the wedding reception will take place?

The hall might seem very impersonal and cold without some flowers or greenery. Your bridesmaids' flowers—especially if they were in baskets—could double as decoration for your reception. Very small green plants, such as hens-and-chickens, asparagus ferns or ivy might be placed on each table and either taken home by the bride or become little gifts to her attendants.

Offbeat bridal limousine

We want to ride in style from the church to our reception in my parents' home (an old farmhouse). Limousines are expensive to rent because they have to come from a nearby city. All our friends' cars look pretty beat up. Have you any suggestions?

You live in a rural area, so perhaps there is someone with a horse and buggy who would be delighted to polish it up and transport you in grand style—either for a small fee or for the pleasure of doing it.

If there are any antique car buffs in your area, that might be the answer. The owners are usually pleased to show off their vintage autos. In either case, alert your photographer!

"Deli" reception

We are going to have a home wedding and reception. We won't have any help. It isn't a formal house and we want a reception at which the guests can relax and enjoy themselves. What do you suggest?

Spread your table with a red-checked tablecloth and put out all kinds of delicatessen delights: pickled herring, anchovies, pâté, lox, sausage, ham, turkey (these should be partially sliced); different kinds of breads, cheeses, pickled beets, coleslaw, relishes. Let your guests help themselves. No hot plates are needed and everyone will love it.

Gifts

A friend of mine was married in a civil ceremony. We all gave gifts of money. She is now going to have a church wedding and another reception. She expects to receive gifts again. Are we obligated to give gifts a second time?

Explain to her gently that once is enough. You might offer to help at the reception with food or flowers. **End**

The writing of Amy Vanderbilt's column will be continued by Mrs. Mansfield McLennan, editorial associate of Miss Vanderbilt for the past 18 years, and a member of the Amy Vanderbilt advisory board.

Now ready for JOURNAL *readers: Miss Vanderbilt's new booklet, "Large Parties" (open houses, anniversaries, house warmings, showers). Also "Letter Writing," "Engagement and Wedding Etiquette," and "Table Manners." Send $1 for each booklet to Miss Amy Vanderbilt, Box 1155, Weston, Conn. 06880.*

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tampons

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THE WORKING WOMAN

By Letty Cottin Pogrebin

Finding a good part-time job isn't easy. But such jobs do exist, and here are some of the best possibilities—plus practical advice to guide you in your search.

Who wants part-time work? Sometimes it seems as if every woman you meet is looking for "a job I can do while the kids are at school"; "something for two or three days a week that pays enough to supplement my husband's salary"; "a part-time job to ease my reentry into the working world"; "an afternoon job to pay for the college courses I take in the morning"; or "a morning job that leaves my afternoons free for my kids, errands and charity work."

The reasons are familiar and logical; they relate to human needs and real family-life demands. But business and industry don't plan work schedules to accommodate human (including women's) needs. The "full-time" job is based on the traditional availability of most men. As more husbands share domestic and child-rearing activities, men may join women in the search for shorter work schedules—and maybe someday the labor market will offer a sensible array of work-time possibilities. But right now there are only the full-time, eight-hour day and "the second-class" category of part-time jobs, which many women want and few employers offer.

Just *how* few became clear when I surveyed the p/t positions available in several metropolitan areas during the last week in March.

WASHINGTON, D.C.: Had you been job hunting then in and around the capitol, you'd have found slim pickings: a handful of p/t openings for keypunch operators, a legal secretary, nurses (both R.N.'s and L.P.N.'s), a physical therapist, a few secretaries, a school bus driver, waitresses, telephone sales workers and a switchboard operator for the 3-11 P.M. shift on weekends. And there were three especially intriguing jobs: staff assistant at a youth center in Columbia, Md. ($3.50 an hour, Monday-Friday, 3 to 6 P.M.); or professional tennis teacher at a local sport club (April through October, $150 to $300 a week, depending on the number of hours worked); or supervisor of a children's dancing school in Tacoma Park (three afternoons a week, plus Saturday morning). Such jobs are rare. The more unusual or challenging the work, the less likely it is to be available on a part-time basis.

However limited your choices, obviously some jobs exist—and they're worth searching for with some hard facts in mind: 1) You're not likely to find p/t work as a corporate executive or a chemical engineer; but there are surprising numbers of p/t professional jobs for doctors, dentists, lawyers, pharmacists, nurses and optometrists; 2) Your chances are good if you apply for more "traditional" service, sales and clerical jobs; 3) If you think you have perfect qualifications for a job listed as full-time, *do* try to persuade the employer to consider hiring you on a shorter workweek on a trial basis; 4) If you are currently employed full-time, discuss your needs with your supervisors. Perhaps your present job can be tailored to a p/t schedule, or you and another worker can split the full-time work between you; 5) Don't expect a benefit package (though it's worth arguing for); few p/t jobs come with sick pay, insurance, etc.; 6) Broaden your area of inquiry and interest; have a second, third and fourth choice of job in mind when you schedule your interviews; 7) Move fast when you hear of a good job prospect.

NEW YORK: This area teaches job hunters that last lesson in spades. On March 31, for instance, 95 women and five men applied for a job teaching in a nursery school from 9 A.M. to 1 P.M. (20 hours, $100 a week). Nearly 100 people answered an ad for a library clerk at a local college (20 hours, $2.75 an hour, work-time to suit applicant). Ina Torton, director of New York's Newtime Agency, which specializes in "alternate work schedules," can attest to the competition for part-time jobs. "We have about 50 over-qualified women applying for every part-time job we list—except secretarial positions," says Ms. Torton. "College-educated, New York women simply refuse to type."

For those who *are* interested in typing and general office work, there were plenty of openings in banking, medical offices, brokerage firms, marketing, sales and advertising. Wages ranged from $2.50 to $5 an hour. Schedules were dizzyingly varied: Five days a week from 9-1, 1-6, noon-5, 10-2, 3-7 or 6-10; or two- and three-day-weeks.

Bernadette McCann, assistant treasurer of Bankers Trust Company in New York, estimates that 10 percent of the bank's 8,000 employees work part-time. "Anyone who works 20 hours a week or more receives full benefits," says Ms. McCann. "And employees retain their seniority if they transfer (at their request) from a full to a part-time position." Like Bankers Trust, most banks hire p/t tellers and clerical workers for the days or hourly periods that are the busiest in each branch office.

In the New York area there are infinite combinations. It's not hard to find evening or night work if you're a pharmacist, business-school teacher, physician, waitress, IBM operator or go-go dancer. Restaurant cashiers can work the lunch shift from 11:30 to 3. Commercial artists can exchange their talents for free work space. Hair stylists can earn $12 for teaching a session at beauty school. If you like to drive, a quick buck can be made behind the wheel of a taxi—hacking from 6 A.M. to 3 P.M. three days a week might bring you $150. I was tempted to try for the job delivering newspapers to newsstands every Thursday from 6 A.M. to 10 A.M.—$40 for four hours work!

SEATTLE: Perennial p/t openings here seem to be the less convenient ones: unarmed Pinkerton guards work 16 hours on weekends for $2.50 an hour plus mileage. A spokesman said only six out of 60 applicants each month are women, and women prefer the museum guard detail. Several telephone sales jobs offered commissions only; a few paid $3 an hour. I found more health jobs than any other kind. Two- or three-day-a-week jobs are available to dental assistants; nurses can take their pick of shifts in Seattle.

ATLANTA: A tough town for part-time options. Despite the nursing shortage, a p/t emergency room nurse working from 3 to 11:30 P.M. might command only $2.45 an hour. Without a nursing diploma in Atlanta in March 1975, you could have become a ballroom dance teacher, a retail salesperson, babysitter, billing clerk, car shuttler for a rent-a-car operation, telephone sales solicitor or TV installer—but you might have encountered resistance along the way. Personnel people were quite casual about expressing sex and age preferences, despite the fact that such job discrimination is illegal. One telephone sales job specified "fraternity-type boys only." A bookkeeper/secretary opening ($3.75 an hour, 10 to 3, M-F) attracted 30 applicants, two of them men. The employer said he'd rather have a man because his product—motorcycles—is "masculine." He didn't comment on the gender of the typewriter or the bookkeeping ledger.

DETROIT: The recession-stricken automobile industry was conspic- *(continued*

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nous by its absence from the job scene. But elsewhere there were over 50 applicants for each p/t secretarial spot; R.N.'s could make $8.25 an hour; at least one doctor was needed part-time; and if you were a cost accountant, typist, pharmacist, keypuncher, cook, bus driver, travel agent, security guard, bill collector or phone canvasser, you might have found your niche. Two jobs paying the minimum wage nevertheless sounded right for the right person: a seamstress who could work from 12:30 to 4 P.M.; and a snack bar manager "who wants to set her own hours."

LOS ANGELES: In the L.A. area, one job consistently goes begging. Every day for the last three years, The Golden State Charter Bus Company has advertised for school bus drivers —$3.40 an hour, guaranteed 3½ hours a day, plus all benefits under a union contract. The hitch is the split shift, with morning, lunchtime and afterschool pickups and deliveries. The company has 150 drivers (half of them women) and turn-over problems. They get 100 calls a day in response to their ad, but few people actually apply after hearing of the split shift.

CHICAGO: Relatively few p/t opportunities: clericals, business school instructors, customer service, credit and collections, a hotel dining room hostess (11:30 to 2 P.M.) computer operators, insurance inspectors, medical technologist and one interior decorator. Les Cohen, president of Secretaries, Inc. in Chicago, remarked that "Companies will reduce the working hours of a terrific secretary just to keep her. But they don't think of *creating* a part-time job to attract terrific secretaries in the first place." On April 1, Secretaries, Inc. had four p/t job orders paying from $3 to $5 an hour, working for a law firm, investment banker, foundation or a small publishing company. For a change of pace, you Chicago women could have answered an ad for "Activists," and become commissioned representatives of a consumer or citizen action group. For two or three days a week, from 2 to 10 P.M.

What does the future hold for people who seek more flexible work schedules? All over, state employment offices and private personnel agencies are aware that many workers are available for very few p/t jobs. Some are encouraging employers to rethink job structures. In Louisville, the state of Kentucky's Retired Workers Job Service Center has placed women over age 60 in p/t jobs.



Senator John V. Tunney and Congresswoman Yvonne Burke, both of California, have introduced in the Congress a bill requiring that two percent of all Federal Civil Service jobs be restructured as part-time positions for the next five years. If the bill becomes law, 10 percent of the full-time government positions at all levels will eventually be converted to p/t jobs ranging from 16 to 30 hours a week.

The private sector shows small but encouraging signs of response. When a newsletter reported a secretarial opening at Massachusetts Institute of Technology—"All proposals which provide for responsible handling of the job between 9 and 5, M-F . . . will be considered" two mothers with babies replied and were hired. One works mornings while the other cares for both babies. At lunch time they switch.

More progress: The University of Notre Dame has approved the granting of tenure and full fringe benefits to part-time professors. And *Learning* magazine reports that a division of Honeywell, Inc., in Massachusetts, runs a "mother's shift" which coincides with kids' school hours and the school calendar. During summer vacation, older students replace the women on the production line.

Carol Greenwald is one of the country's best known part-time workers. She works from 9:30 to 2:30 as Assistant Vice President and Economist for the Federal Reserve Bank of Boston. She has pressured employers to extend fringe benefits to all p/t employees, arguing that two half-time workers do not cost the employer more than one full-time. Life insurance and retirement benefits can be pro-rated, she explains, and Social Security and other payroll taxes cost no more for the p/t job, extended to full time, pays under $14,100 a year. Unemployment insurance and health insurance would cost a small additional amount, she concedes, but points out that employers save money by eliminating overtime costs and by getting increased productivity from refreshed p/t workers.

Part-time work cannot remain the stepchild of the labor market. According to the U.S. Labor Department publication, *Occupational Outlook Quarterly*, an average of 10.5 million people voluntarily work less than 35 hours a week. Two out of three of these part-time workers are women, most married, many with children. Remember the question—how do you balance family and a career? The answer: you don't. But with greater part-time *career* options, as well as part-time *jobs*, perhaps the question need never come up. **E**

SAVE ON VACATIONS

continued from page 24

Educational Exchange, 777 United Nations Plaza, New York, N.Y. 10017. This card gives you significant price reductions in a wide variety of student (not youth) hotels, restaurants, transportation and cultural events abroad.

• Buy a cut-rate Eurailpass—giving you unlimited rail travel in 13 continental countries on Western Europe's vast, subsidized railway system. Cost of a first-class rail pass: $130 for 15 days, $160 for three weeks, $200 for one month, $270 for two months or $330 for three months. If you're a foreign student (e.g., American) under age 26, you can get a 13-country, two-month, second-class Student-Railpass for only $180. (Prices will go up from time to time but the bargain aspects will remain.) All Eurailpasses must be bought in the United States.

In some instances the Eurailpass entitles you to steamship or bus travel in addition to rail travel—either to facilitate surface connections or simply as an "extra." For full details on the Eurailpass, ask your travel agent or write to Eurailpass, c/o French National Railroad, 610 Fifth Avenue, New York, N.Y. 10020, or Box 90, Lindenhurst, N.Y. 11757. (Information also is available from the Austrian, German, Italian, Scandinavian and Swiss railroad offices in the United States.)

Shop for a vacation tour

In recent years scandal after scandal has erupted across the front pages of the nation about "bargain" vacation tours. If you were a victim, you found many real costs hidden in the small print; or your costs were vastly increased when omitted essentials were later included; or your deluxe accommodations were marginal at best; or you, a single, discovered too late that you had been booked into a double room with a stranger. Or many, many times your departure was at an abysmally "off" off hour.

Just what is a package tour? It is not, as you might think, always a highly organized, closely time-tabled tour during which the tour members eat, tour, sightsee, practically sleep together and are herded in and out of places and countries with stopwatch precision. Most of today's tour packages allow you to travel on your own and require only that the relatively small group fly together to and from their destinations.

A tour package does have, though, a predetermined price, number of features and period of time. Within those limits, you, the traveler, can do whatever you please when you please. The greatest advantage to the traveler is that the cost of the land tour arrangements and air fare in the package is far less than the costs the traveler would otherwise pay for each item separately.

But, how do *you* avoid the traps? How do *you* shop for a tour?

The prime rule—which I cannot repeat too often—is to deal only with airline or tour operator or travel agent you have checked thoroughly and are confident is honest, reliable and well established.

Obviously, it's no more than common sense to phone a couple of airlines, car rental firms and the like to double-check whether the price of the tour is a saving over booking your vacation yourself.

Now, use this check list to decide what you want from a vacation tour, to compare one tour against another and to find possible hidden costs.

Price: What's the total, including taxes and other extras, for the accommodations you want? If the tag says "from $198," will this minimum give you the comforts you need?

What's included: How many meals are provided each day? Fixed menu—or à la carte? Who pays tips for porters and tour guides? Who pays the hotel bills? For sight-seeing buses and guides? For theater tickets? For transfers between airports, train stations and midtown? For transportation to your hotel? Is air fare included? If a rented car is part of the package, who pays for gas, a very costly item in most foreign lands? Typical *exclusions:* one or two meals a day, porters' tips, airport taxes, laundry and valet costs, taxi fares, snacks, excess baggage costs.

Accommodations: What type and class of hotel rooms are offered? Are the hotels named? Is there a clause permitting the tour operator to book you into substitute hotels for those named? Is the stated price for double occupancy? Is there a supplementary charge for a single room? Is a bathroom included? Is the hotel's location convenient?

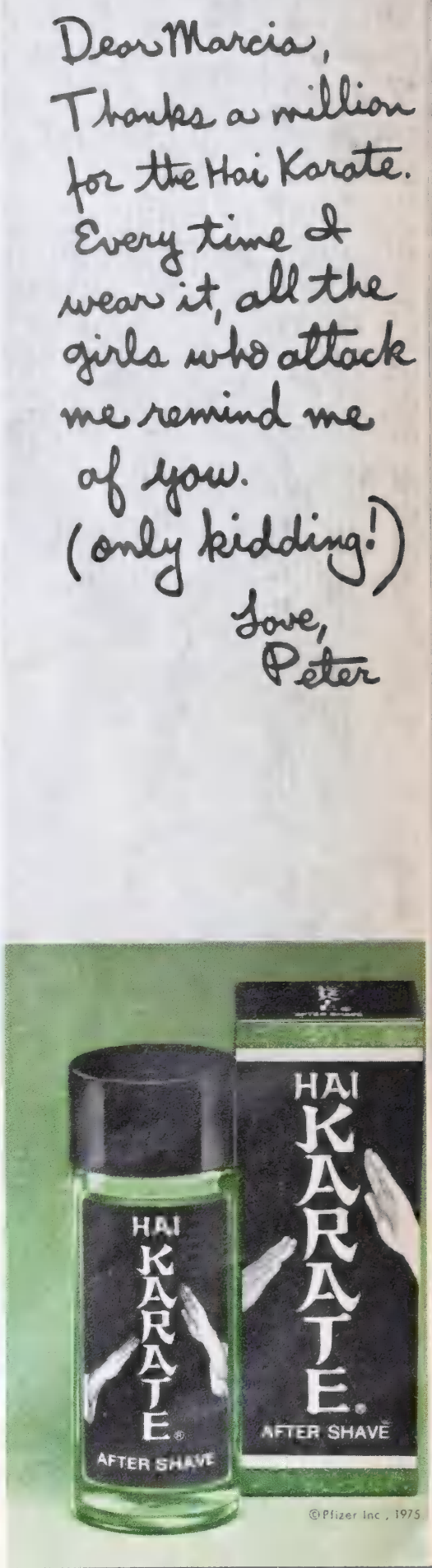
Terms: When do you have to pay for the tour? Is a deposit required and, if so, how much? What are the conditions for getting a refund if you cancel out or change your vacation plans? If you're paying on the installment plan what annual interest rate is charged on the outstanding balance and how does this rate compare with the rate you might get on a loan from your bank or savings institution?

Your companions: How many other people will be along? Will they be interesting company for you if you must be in close quarters for long periods?

Timing: How far in advance must you sign up? Choose a departure date and itinerary? Make a deposit? Pay in full?

Free time: How much will you have in each place you visit? Can you duck out for an afternoon or a day or two without being left behind? What's the likely pace of the tour? Will you be up to it? Will local guides shepherd you on certain legs of your trip and supplement your regular guide?

Find out these details *before* you sign up! **End**



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YOUR QUESTIONS ANSWERED

By Theodore I. Rubin, M.D.

Why would an elderly, loving couple separate? Why can't some men keep their hands to themselves at a party? Can sexual frustration cause physical ailments?

Senior citizens separate

Some friends of mine are in their early seventies. They have been married for more than 40 years and always seemed to have an excellent relationship. Both are rather ill; their children are grown up and have their own lives. Now my friends have done the strangest thing. They've separated! They say they've had no disagreement—as a matter of fact, they still care for each other very much. This must be so because they took apartments only a block away from each other and are always helping each other, especially when one is sick. Now why in the world did they split up?

I can only theorize. We've all heard of older people who do not *marry* because they stand to lose Social Security benefits if they do. There may be other legal or financial considerations. Whether or not this applies to your friends I don't know. I have known couples for whom witnessing a mate's physical decline or suffering produced intolerable pain. In some cases, anticipating death was too much to bear. These people were not immediately aware of their reasons for desiring some separation, and usually rationalized their actions in different ways. But their real motivation for separation was an inability to see a loved one in pain or decline.

Widow's boyfriend

I am a widow with two children, a girl of eight and a boy, 11. I have been going with a man for a few years and we are very much in love. Due to marital difficulties on his part, we will not be able to marry for another year. Would it be very traumatic for the children if he moved in? They love him very much and he has become like a father to them. He does sleep over now and then.

I think it would be less confusing to them if he moved in than if he sleeps over now and then. If your relationship with him (and his with your children) is as good as you say, then I see no harm in the move—unless you live in a neighborhood where people would stigmatize the children. But much depends on how you feel. If you are content with the arrangement, and if the relationships are good, then the children will not suffer; they may even enjoy having a father around, even if the legal step is still a year away. But if you feel guilty or hostile because of the marital delay, this is bound to produce repercussions in the children.

Roaming hands

I know a man who never fails to touch other women at parties. His wife is there, but this doesn't seem to stop him at all. Why does he do this?

His wife's presence may be the major motivating factor. Some men unconsciously need to rebel against "mama." Their unfortunate wives serve as surrogate mamas whom the little boy punishes by touching other women. Other men vent underlying hostility for their wives by attempting to manipulate and embarrass them in this way. Still others, because of confused notions regarding masculinity, believe such behavior is "manly." Some do it to insult and provoke other women's husbands. Also, some men have an unconscious contempt for women in general, regarding them as nice "objects" to be touched and enjoyed at will. And still other men do it as a means of attaining sexual stimulation and as a substitute for more complete sexual involvement with other women.

Silent treatment

Why do I get so upset when a week goes by and my older sister doesn't call to see how I am? I spend hours wondering why she doesn't call. Doesn't she care? I'm sure she does, but that phone call is so important to me. We are both middle-aged.

You are not sure she cares; otherwise the phone call would not be that important to you. Also, even though you are both "middle-aged," you perceive your sister as your combined parents. You view her failure to call as disapproval and rejection, which adds to your general feeling of low self-esteem. You spend hours worrying about what she thinks and feels because you have placed your well-being, or lack of it, in her hands. You must struggle to take it back and to own it yourself. Raising your self-esteem and feeling of adequacy will return your life to you. Then your sister's attention, or lack of it, will be of relatively minor importance. In short, your problem is not with your sister but with yourself and how you feel about you.

Frustration symptoms

I've heard of women who use headaches and fatigue as excuses for avoiding sex. But what about the reverse problem? Can a woman suffer from headaches and fatigue because of sexual frustration?

Sexual frustration certainly can produce tension and anger. Repressed anger is a common cause of headaches and chronic tension causes fatigue. Many people also perceive lack of sex as general inattention and deprivation of love and affection. These feelings may produce even more dissatisfaction than the absence of sexual activity itself. Some men, who are less ardent sexual partners than their wives, compensate somewhat by being adequately affectionate and attentive. This includes being physically attentive with kisses, embraces and general physical closeness even when intercourse does not take place.

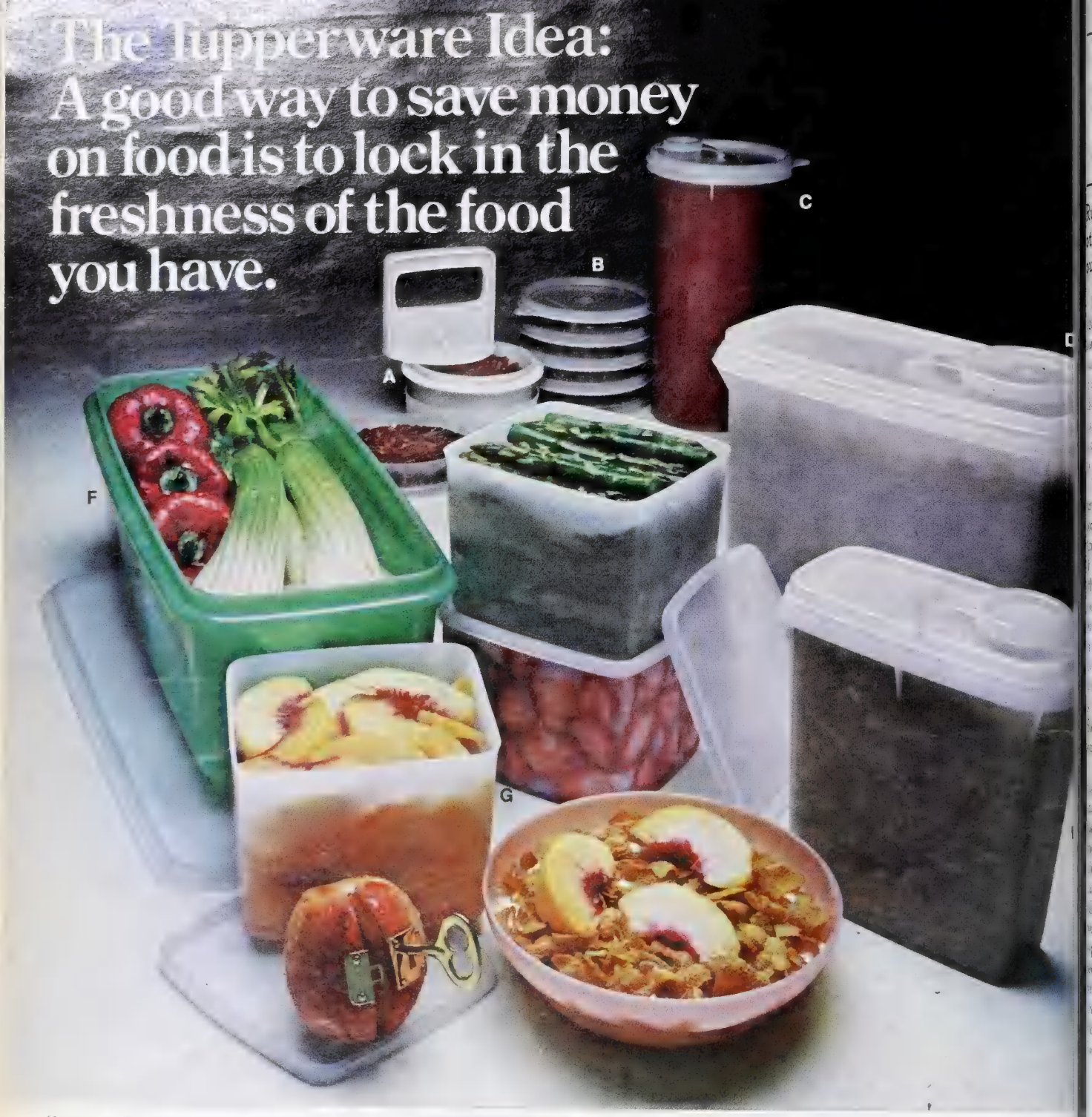
Conservative kids

My youngest son is in the eighth grade and goes to a traditional school. The principal recently gave the boys the option of wearing turtlenecks or other casual clothes—or shirts, ties and jackets. We were amazed that all the boys voted for ties and jackets. What gives?

Many children relish a traditional approach to life and experience it as safe, predictable, secure and meaningful. They see participation in traditional institutions as status guidelines and aids in self-identification. They are reluctant to surrender symbols of tradition for symbols which represent the unknown. This is especially true of children who are in reaction against the generation that preceded them—whom they may have seen as rebellious, chaotic and lacking in goal direction. **End**

As a regular feature, Dr. Rubin answers questions on your personal, marriage, family and emotional problems. The doctor is a well-known psychoanalyst who practices in New York. He is also the author of "Compassion and Self-Hate" (David McKay). If you have questions for Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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RALPH NADER REPORTS:

Rub-a-dub-dub, it can be unsafe in the tub—and lots of other places in your bathroom. Here's what to look out for, and how to make this utilitarian room safer.

It was front-page news several years ago when John Glenn, who as an astronaut orbited the earth without mishap, was seriously injured when he slipped and fell in his bathroom. Glenn was disabled for months and subsequently had to withdraw from the race to become U.S. Senator from Ohio (an office to which he has since been elected).

What isn't so well known is that injuries in bathrooms are among the most common household injuries. Nearly 900 Americans die every year as a result of falls, burns, cuts, electrocutions and other fatal injuries suffered in bathrooms. Another 187,000 are hurt seriously enough to require hospitalization or treatment in a hospital emergency room. Household injury statistics "have consistently shown that the bathroom is one of the most hazardous areas in the home," according to the U.S. Consumer Product Safety Commission.

Safety experts agree that many bathroom injuries could be avoided. For example, the installation of non-slip surfaces for tubs and showers and securely mounted grab bars, which some companies are manufacturing, could significantly reduce the chance of injury from falls, the most common bathroom hazard. Such safety features should be standard equipment in all bathrooms. But only recently have bathtubs been manufactured with permanent no-slip surfaces, and most models still feature the familiar, slippery porcelain enamel underfoot.

Risky handholds

Grab bars are found even less frequently; most people rely on soap dishes, shower curtain rods and other accessories to save them from falls, often with unfortunate results. One woman recently suffered a concussion when the plastic soap dish she was using for support gave way. To protect themselves, homeowners can make sure such accessories are securely mounted and made of non-breakable material.

Another common bathroom hazard is burns, often caused by water that reaches unreasonably high temperatures. (Water heated to 115° Fahrenheit or above is destructive to human tissue.) A one-year-old child, who accidentally turned on the hot water faucet while using it as a support to stand up, suffered second-degree burns after three seconds' exposure to the water. Another infant was burned so badly by tap water that she had to be hospitalized for 72 days and undergo three skin graft operations.

Hot water burns can be prevented. The National Safety Council recommends that all bathrooms have a mixer faucet on the washbowl and a mixer valve or faucet in the shower. A more direct method is to lower the thermostat on the hot water heater.

Sometimes a builder will cut costs by installing a too-narrow shower pipe that sends out scalding water when cold water is turned on elsewhere in the house. This problem is not uncommon. A study of building codes by the Department of Housing and Urban Development (HUD) found that only two of the five major model codes have adequate standards for the proper size of pipe to control water pressure. If you notice rapid changes in the temperature of running water, you can install thermostatic or pressure-regulating control valves for shower baths—or, again, regulate the temperature on the hot water heater so that the water never gets too hot.

Shock prevention

Electrical hazards are perhaps the greatest source of danger in bathrooms. The National Safety Council reports that "electrocutions are frequent among persons who, while in the bath, or still wet, snap on switches to electric appliances." The best prevention for shock is to install a ground fault circuit interrupter (GFCI) at the fuse box of the house. The cost, with installation, may run as high as $100, but would almost completely eliminate the danger of shock. Ground fault circuit interrupters are now required in most building codes for outdoor receptacles, and logically should be incorporated into the building codes for the other danger zones of a house: the kitchen, bathroom, basement or utility room.

Another electrical hazard found in many bathrooms is an over-the-washbowl light that is turned on by a metal pull chain. If you touch the chain or the brass part of the light socket at the same time you are touching a metal water faucet, you can set up a fatal electrical circuit. Bathroom pull chains should not be metal; or if they are, they should have an insulating link near the socket. Wall switches located away from sources of water are safer.

Bathroom hazards like these are so familiar that they are often taken for granted. One reason is that, despite cosmetic overlays, bathrooms haven't changed much in 30 or 40 years. An intensive study by the Cornell Center for Housing and Environmental Studies found the bathroom "hopelessly antiquated and inadequate" in terms of proper planning and safety design. One reason, according to the Cornell study, is that consumers' safety needs have little impact on the handful of large companies that manufacture bathroom fixtures, and on the plumbers who install them. Bathtubs may come in dozens of "new decorator colors" and be advertised as "easy to install," but I would like to see more emphasis placed on making tubs that are not only pretty to look at and simple to install, but safer to use.

What you can do

Another reason is the virtual nonexistence of bathroom safety standards. The HUD study of building codes found, for example, that none of the major building codes has standards for slippery surfaces or grab bars in bathrooms. Nor do they have standards for safe design and placement of facilities. Yet design flaws are frequently the cause of injury, and you can spot them yourself in most bathrooms—inaccessible soap dishes, protruding sharp corners, electrical outlets located next to the bathtub or lavatory.

Making a bathroom safety check list is a good way to protect yourself. The U. S. Department of Housing and Urban Development has prepared a manual called "Design Guide for Home Safety," that includes an excellent section on bathrooms. (It is available for $2.35, from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.)

Information is also available from the National Safety Council, 425 N. Michigan Ave., Chicago, Ill. 60611. You can report bathroom hazards and injuries to the U.S. Consumer Product Safety Commission, Washington, D.C. 20207 or call the Commission's toll-free safety hot line, 800-638-2666. For an illuminating study of inadequate safety, hygiene and convenience features in bathrooms, write for a copy of *The Bathroom*, the Cornell Center for Housing and Environmental Studies, Cornell University, Ithaca, New York, 14850. **End**

The editors welcome comment on this and other consumer columns written by Ralph Nader. Please address: Ralph Nader, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022



MOTHERING

By Geraldine Carro

FATHER POWER: A GROWING FAMILY RESOURCE
A Special Reader Report

How does Father fit into the new scenario? As we women re-think and re-cast our roles as wives and mothers, what roles are our husbands, the fathers of our children, playing? What roles do we hope, need and expect them to perform in the revised family drama?

These are the reader questions that prompted the questionnaire on "Fathering" in our January column. You responded with an avalanche of thoughtful and thought-provoking letters. Many were from women whose husbands share in child-rearing as equal partners, a factor they said was a key to their happy marriages. Some were frustrated, desperate letters from women whose husbands had counted themselves off the family scene.



Life with Father: "He's 100 percent parent when he's at home. He gives the kids real quality time."—M.B., New York City

We received the most mail from women whose husbands shared fifty-fifty in parenting when home. But you indicated your husbands were not necessarily typical of other men you knew. (Basically if you were pleased with your husband as a parent you were more inclined to write.)

Overall, your letters do suggest that change is in the air. Father is becoming an increasingly involved parent whose competence in child-rearing may equal your own. The phantom figure who brings home the paycheck and disappears behind the newspaper may be a vanishing breed.

To continue what we feel is a crucial contemporary dialogue, we reprint our original questions on "Fathering" below with a discussion of your responses.

1. How much does your husband share in the child-rearing? Fifty-fifty/more/less/rarely?

While you may spend more actual hours per week with the children, when father is home he may participate fully in the process of wiping noses, arbitrating disputes and lavishing affection. This is the case in a growing number of families. (If both parents work outside the home, it is even more likely.) In other families father is primarily pinch-hit baby-sitter. Mother remains parent-in-charge. In yet other families, child-rearing is still regarded exclusively as "women's work"—particularly by husbands.

"We have a month-old baby girl. I would have to say my husband's share of child-rearing is fifty-fifty, if not more. The most important thing to him is to have a family to love. Do I love him? I sure do, more and more each day."—T.F., Brooklyn, N.Y.

"I'm with Marc and David more than Christian, but I'm always busy doing other things. Christian is 100 percent parent when he's home. He gives the kids real quality time.—M.B., N.Y.C.

"My husband helps less than 50-50 (about 30-70), but more than most other fathers I've seen."—Mrs. E.H., Olean, N.Y.

"My husband rarely helps with our daughter. From the beginning he nearly always refused. I guess he feels it's a woman's job. I work 40 hours and then come home and do all the washing, cleaning and cooking. Come to think of it, what do I need a husband for?"—J.S., Bristol, W.Va.

2. How does he help the most?

In families where parenting is a 50-50 proposition, your husband is as likely to read the bedtime story as you are. Who does what often depends more on the talents and inclinations of each parent than on gender. In families where parenting is seen mainly as women's work, father offers love, but rarely helps in the nuts and bolts tasks.

"He can and does everything for the children that I do—which includes washing hair, fixing dinner, handling the doctors' appointments, etc. Before having children we discussed what each parent should do. It has worked out well.—K.C., Boning, Ore.

"He lets me get away from the children now and then. Usually it's by letting me sleep late weekends or go shopping alone."—P.H., Indianapolis, Ind.

"Fathering in families I know is almost always a set up to make the men seem like 'active fathers'. Mother chauffeurs daughter to dancing lessons and goes through the tears and stage fright. Then she makes sure father is front row center when daughter floats effortlessly onto the stage."—G.G., Gainesville, Fla.

3. Do you feel guilty asking him to assist with the children?

The replies speak for themselves:

"Do I feel guilty? Absolutely not! It takes two to get pregnant and two to raise children."—R.S., San Diego, Calif.

"At certain times I do feel guilty if Steve is reading. I hate to bother him because his times to relax are few."—S.N., Victory Gardens, N.J.

"When I realized that I worked at least an 8-hour day at home while my husband worked an 8-hour day away from home, I saw it was foolish to feel guilty."—B.DiF., Oxford, Pa.

4. Would you like him to participate more? If so, in what ways?

The answer to this question depends only partly on how much your husband already helps. It depends equally on key assumptions *you* make. If your work, nine-to-five, is the kids and house, does your job earn you the right to relax after five as much as his job does? Or do you assume, as one reader wrote, that, "since he works all week, the job of caring for the baby should be mostly mine."

No matter what your assumptions are about parental roles, usually there are ways you'd like your husband to help more. These responses are typical of comments we read repeatedly:

"I'd like him to help discipline the children more so I don't always feel like the bad guy."—K.C., Lenexa, Kan.

"I wish he'd take the initiative more, without my having to ask."—S.C., Houston, Tex.

"I think we should do more as a family. If he'd just take a half hour to be together, it would make for a happier family."—E.O., Vinton, Iowa.

"Time is the big problem with fathering in our family. My husband's priority is making money and building his career. When he comes home he doesn't have much energy left for the kids. I think he is missing a lot—and so are we."—R.C., Denver, Colo. **End**

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According to the mail we get, children by the score brush longer, more thoroughly and *willingly* when they switch to Aim fluoride toothpaste.

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All of this makes Aim a true advance.

If you have a child in the cavity-prone years, ask your dentist about Aim.

Like any dentifrice, Aim should be used as part of a program of good dental care. So see the dentist regularly, brush often, and take Aim against cavities.

Take Aim against cavities!



HOW TO SAY NO TO YOUR HUSBAND

It's a sexual lesson we can learn and share with the men we love: When we are free to say "No" to them without hurt, we are also free to say "Yes" with all our hearts. By Harriet La Barre

Dilemma: A woman loves her husband but he sometimes suggests a specific sex act that repels her. She usually acquiesces, but she wants to say "No." Yes, she loves him! But . . .

Another dilemma: Same woman, different problem. Her husband wants to make love, but they have weekend guests in the house and there's an embarrassing lack of privacy. She's so acutely conscious of the guests and their sharp ears that she's sexually ice-cold; she wants to say "No" to her husband, but she knows from experience that he'll act so surprised, rebuffed, annoyed. Yes, she loves him! But . . .

Awkward and anxiety-creating! Ironically, though sexual liberation is in and women are perfectly free to say "No" as well as "Yes," saying "No" is sometimes as difficult as trying to lift a mountain. How do you say "No" if there's a specific sex act your husband wants, but you find it repellent? Or if a situation keeps you from being in the mood for sex? The idea of repulsing one's husband in bed starts a whole train of fears.

Suppose, for instance, a *situation* has turned off a woman sexually. Perhaps she has a sick child in the next room and she's preoccupied with that; or she's worried about an interruption, a parent sleeping over, God knows what. So she's by no means in the mood for sex. Yet—and this is one of her major worries, the source of considerable inner conflict—how can she reject sex yet not make her husband feel that she's rejecting *him*?

Regardless of her freedom to assert her own feelings, she is, for one thing, dealing with a loved human being she doesn't want to hurt, and who has masculine sensitivities as delicate as eggshells. Says Dr. Henrietta Klein, Professor of Psychiatry at Columbia University College of Physicians and Surgeons in New York: "A woman is perfectly aware that sex is a man's most vulnerable spot. He identifies it with power, with virility. It's a *macho* concept to some extent, largely due to our culture. His ego is very much at stake." A man can even feel shaken in his masculinity if his touch doesn't arouse the expected sexual response in his wife.

For this reason alone, many women shilly-shally, protest weakly, then give in. One woman is afraid of denying sex to her husband because denial might unman him, and that would be too cruel; another woman, who's newly liberated, capitulates easily because she's worried that her husband might construe her "No" as new feminist aggressiveness, and *that* might emasculate him. Other women, other reasons. Many a woman is intimidated by traditional values and feels that marriage demands submission, no matter how miserable and self-conscious the situation makes her feel. Still other women can't bear the thought of the recriminations they'll get from their husbands if they refuse sex.

Dr. Leah Schaefer, whose ten-year study of women (with Margaret Mead as consultant) resulted in Dr. Schaefer's book, *Women and Sex*, feels that, overall, "It is hard for us to say 'No' to someone we love, because we want to satisfy them," but that a woman's deeper, uneasy fear is that, "We're afraid that if we say 'No' to them now, they may later say 'No' to us."

So: Capitulation. And what good does that do the relationship? None. When a woman arbitrarily suppresses her real feelings and forces herself to have sexual relations, the man senses her reluctance, her stiffness and coldness, and afterward he feels rejected anyway. The result: Resentment and bitterness on both sides. Instead of warmth and closeness, there is *distance*.

When an outside situation such as lack of privacy puts a damper on a woman's sexual feelings, she often falls into the trap of mistakenly assuming that by saying "No" to her husband, she'll be rejecting him. But a "No" is not necessarily a rejection.

What is a rejection? What isn't? "If sex is used as a weapon—a woman sulking because she wants a mink coat or a Caribbean vacation—then that's a rejection," says Dr. Klein. "If a woman uses sex to cajole or punish a man—'Go away, when are you ever going to ask for a raise?'—then if he sees it as a rejection, he's right: It *is* a rejection."

But if a woman doesn't use sex as a weapon or a power play, she's considerably ahead of the game whenever she finds herself in an anxiety situation that keeps her from responding sexually. "Her husband then knows," says Dr. Klein, "that it is not a case of 'Lysistrata declares war, no sex.'" His wife's past performance has given him some degree of security. But even he is likely to be baffled as to *why* his wife is so finicky about possible interruptions: a sick child and so on. After all, those peripheral things don't bother *him* that much. . . . How come they bother *her*?

As many psychiatrists see it, women have more peripheral sexual fears than men, because since childhood they have had bred into them a fear of doing something "wrong" and consequently being abandoned. "Women, despite liberation, are still regarded as frail and negligible," explains Dr. Klein. "A mother will say, 'If you act that way, no man's going to marry you.' Or 'If you're such a slob, no man will ever want you.' But a mother never says to a son that no girl will want him; the mother takes it for granted that all the girls will be after him.

"So a woman is brought up with a 'How to! How to! How to!' and therefore has more sexual fears. If they're visiting at his parents' home, or her parents' home, she'll say 'No.' Some women even make obsessional demands; they may want the bed made, the room clean. It means wanting things 'right,' which then makes the sex 'right.'"

The best thing a woman can do is to *accept* those sexual fears that turn her off sexually and take responsibility for them as part of her intrinsic personality. Once she does that, she can frankly tell her husband her feelings without being defensive. "It puts the sexual in the same category as one's other personal feelings," says Dr. Klein.

(continued on page 110)

Illustration by Jacqueline Adato

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To the 3,000,000 people who started smoking this year.

Despite all the arguments against smoking, one simple fact remains. Last year, three million people started to smoke.

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3. Your favorite canned fruit.



4. Summer melon

Super natural. Thanks to lemons.

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2. Fresh berries with a snappy lemon glaze. Combine 1/2 cup sugar and 2 Tb. cornstarch in a pan. Stir in 3/4 cup water and 3 Tb. fresh lemon juice. Cook 'til thick. Stir in 1 t. grated lemon peel and 3 to 4 drops yellow food color. Pour over 1 pt. cleaned berries. It's a natural wonder.



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AMERICA'S TEACHER OF THE YEAR



Each year, "Ladies' Home Journal," Encyclopaedia Britannica and the Council of Chief State School Officers sponsor "Teacher of the Year" awards. From the list of state "Teacher of the Year" winners, a panel of judges honors one as the National Teacher of the Year. The winner and the three finalists represent the best teaching in America. The hallmarks of great teaching are the teacher's creative approach to problem-solving, her or his commitment of time and energy, faith in young people and refusal to compromise standards. The student knows such teaching when he or she cries "I see!" For the true teacher finds fulfillment not in "I can teach you," but in "You can learn."

By Mary Susan Miller

Robert Heyer, shown above with some of his students, is a ninth-grade science teacher at Johanna Junior High in St. Paul, Minn., who has—as one former student says—"a way of making bodies into somebodies." The thousands of young people he has taught, coached and counseled pay similar tributes to the 1975 national "Teacher of the Year": "He likes you for what you are . . . he gives you confidence . . . he encourages; he doesn't push . . . he really shines up a day!" In light of this, it is obvious that Bob Heyer achieves the goal he sets for himself: to instill a feeling of individual worth in his students without neglecting the development of their learning skills and techniques.

Tall, handsome Bob Heyer, 44, and his slim, attractive wife Marianne have two sons: Brian, a 17-year-old high school senior who will be University of Minnesota-bound next year, and Timm, 19, who is studying carpentry at a vocational school.

Bob works to make his students and their parents realize the satisfaction and dignity in non-professional work. He himself tries to spend a part of every summer at a physical job such as construction or driving a tractor. "It is a good change for me," he explains, "and it's what a lot of my students will be doing when they leave high school. I want them to be proud of doing it."

Bob was one of 11 children, their father a German immigrant. "We were poor," he says, "very poor—but I was never aware of it." Working 40 hours a week, he paid his own way through Mankato State College in Minnesota (where he received his bachelor's degree) and the University of Idaho (where he earned his master's). In between, he served two years in the U.S. Army.

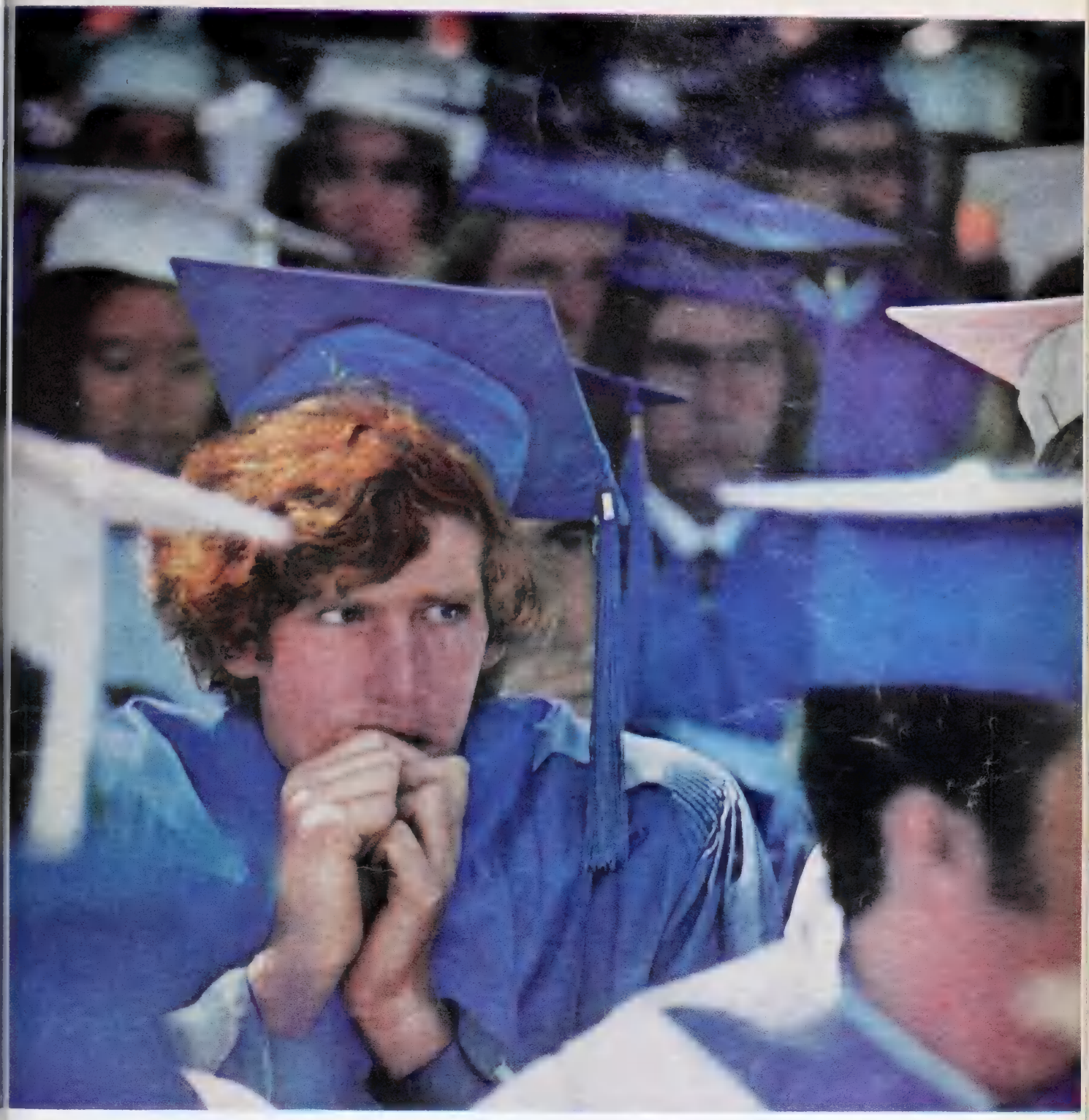
Bob Heyer decided to become a teacher when he was a junior in high school and one of the qualities that makes him so outstanding is that he has never stopped becoming a teacher. He enters each class, as he has for 19 years, with the sense of newness he felt on the first day. Leroy Nyhus, Guidance Counselor at Johanna Junior High, nominated Bob Heyer for the "Teacher of the Year" honor because: "He's not just any good teacher—he continues to grow and change, and he's better tomorrow than today." He keeps up to date in education and his field by taking courses, attending workshops and actively participating in local associations: the Minnesota Educational Association and the National Science Teacher's Association.

With a group of colleagues, he has just completed an experimental, three-year curriculum and resource guide for the district junior high program. On his own, he is now creating new methods of student evaluation and at the same time devising a way to administer tests to absentee pupils that will eliminate any chance of copying and still allow them to demonstrate their knowledge.

At his request, Bob Heyer became advisor to the Student Council, a non-paying, often time-consuming activity, in which he listens to student gripes and hopes, guides their questions and supports their efforts. Last year he devoted his free time to helping them democratically decide to transform the school corridors from institution-beige to colors of their choice: fuchsia, tangerine, canary-yellow, crimson, purple and emerald. Discussion is now going on over the possibility of lettering on the walls "Home of the Johanna Jaguars."

Essential to Bob's teaching is a belief in personal accountability. Despite the need for rearranged chairs, shared lab equipment and spilled liquids, his room looks exactly the same every day at 3 P.M. as it did at 8 A.M. There is no graffiti, no scrawls: everything is neat and clean; every piece of equipment is in place. When a student breaks a test tube, the teacher's voice is heard, "That will be fifty cents." He keeps the income in his desk, to buy something the class needs at the end of the year, and he won't let parents pay the fine for their children. The student who forgets to bring a pencil has to give Mr. Heyer collateral before he is loaned one—usually a lunch ticket, exchanged upon return of the pencil. If a student talks when he's been asked to be quiet (which is rare since Bob encourages discussion) he must pay a penny per word to the class kitty. And the rare pupil who arrives a minute and a half late to class will find the door locked. "I have very few rules," Bob explains, "but there is no avoiding them. Kids have to learn."

Part of accountability, Bob believes, is learning to face one's failures and weaknesses and keep *(continued)*



Your friends say they'll keep in touch. But you know they won't.
Your teachers say come back and see them. And you know you won't.
Maybe someday it won't matter. But, right now, it hurts a little.



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TEACHER OF THE YEAR

continued

going anyway. He knows that only through the pain of confronting and working through problems is a person able to grow in strength, understanding and self-confidence. One former student recalls: "He told us something I'll never forget. 'If you don't have problems, my friends, you're either dead or you sit in a corner twenty-four hours a day.'"

His students and former students, their parents, his fellow teachers all say, "Bob Heyer loves kids, you can tell." He values them without regard to their ability or performance or behavior, and his goal is to instill in them the same value. Toward this end, for the past three years he has requested to teach only "low achievers"—the unmotivated, the unable, the turned-off, the potential drop-outs of school and of life.

Bob Heyer gives no answers to the questions which besiege him but directs each student to find his own answers. That was clear in the voice of Jody, who with great difficulty had kept trying and fretting and trying. Finally, watching an electrode bubbling in a beaker of liquid, she cried across the room. "Hey, Mr. Heyer, come here quick! I've discovered a scientific thing!"

Robert Heyer knows his students have needs beyond those in the classroom. For this reason he coaches track, wrestling and football and has recently organized a girl's track team; he teaches a cooking class as an elective and taught bridge last year; he makes tapes of his science exams so that the poor readers can demonstrate their knowledge orally.

It is all but impossible to list the qualities that make a good teacher. Whatever they are, surely Robert Heyer has them in abundance. His students often resort to negatives in describing him: "He is *not* boring . . . he *doesn't* scream . . . he *doesn't* play favorites . . . he *doesn't* make you feel dumb." One student claims that "he makes you feel as if the whole world is open to you." Bob likes that, for his hopes extend farther than the few years spent in school. He wants his students to leave his class "with a positive attitude toward science, toward life and toward themselves."

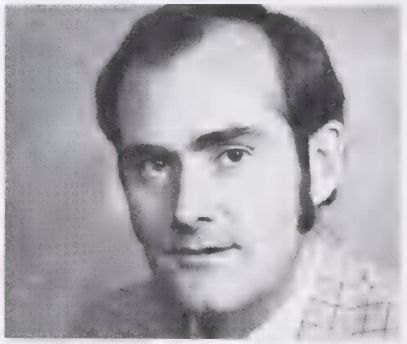
Bill Strand, a former student, said: "Mr. Heyer lives his life by the old saying, 'It's not whether you win or lose but how you play the game.' I am recommending him for teacher of the year because of the way he plays the game."



Finalist Betty Lewis, a dynamic, red-headed teacher of government and foreign relations in Macon's Central High School, and Georgia's "Teacher of the Year," uses the political scene as her classroom. She takes her students to City Council meetings, to State Assembly sessions and even to Washington, D.C. Her goal is to make her students know, respect and be guided by the Constitution—even when it comes to the emotional issues of states' rights and racial integration.

She wants her students to learn to grapple with issues on the basis of facts rather than emotions. In class discussions she challenges statements and probes opinions as students face the issues. Her success is evident in her students' insistence on facts. In a heated debate on the Equal Rights Amendment, a boy speaking for the negative states that women should not be drafted because they turn queasy at the sight of blood. A female student calmly asks, "What is your source for that, please?"

Many former students of Betty Lewis have entered the field of politics working with Senators, Congressmen, State Representatives and a Macon City Councilman. Mayor Thompson has declared a "Betty Lewis Day" in Macon, Georgia; the city, too, is different because of Betty Lewis.



Finalist Michael Sipes, Colorado's "Teacher of the Year," teaches life science at Everitt Junior High School in Wheat Ridge, a Denver suburb. His classroom, however, extends far beyond the walls of the school. He has set up an after-school dissecting lab and is working weekends to build an outdoor environmental-studies area in a corner of the school yard. Once a year he leads a group of students, along with some parents, on a week's back-packing hike down into the Grand Canyon. He believes that these trips into a natural environment encourage in students greater respect for both nature and themselves.

Mike Sipes sees his commitment to teaching as an investment in his country's future. He explains: "There are all kinds of opportunities for kids—some good, some bad. What I'm trying to do is open up the good opportunities." He readily admits that he has few answers; yet his flexibility and his deep concern for his students keep him searching along with them.

Most of all, Mike Sipes teaches by example; he is a gentle man, a humble man, a loving man, a man with a purpose. A former student sums him up: "A hundred years after he's dead, his spirit will be here." In that case, Mike Sipes' investment will have paid unexpected dividends.



Finalist Arthur Smith—tall, slim, sandy-haired and trim-bearded—is Pennsylvania's "Teacher of the Year," and a man in perpetual motion. He spends his week days speeding between sixth-, eighth- and ninth-grade science classes at Ridley South Junior High School, a 12th-grade class in nuclear physics at Ridley High School and a special study program he set up at Ridley North Junior High.

Relentlessly, he has scrounged eight electron microscopes from hospitals and universities, thus making Ridley South one of the few—if not the only—junior high school where students can photograph spirillum bacteria magnified 12,000 times. There is probably no other school whose lab gets all their laboratory glassware free: Art Smith talked the nearby University of Pennsylvania into letting him collect their leftovers.

The real value of his teaching, however, lies in the way his students learn to use the equipment he has found. He and his students repaired a discarded electric typewriter, built a darkroom, designed and constructed a very professional TV studio, built a complex train set and put together two telescopes. A local minister blames Smith for keeping parishioners' children out of Sunday School. Smith's principal calls him a genius.

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HAPPY

Mrs. Rockefeller as she sees herself, her husband, her children—and her hopes for the future.

Mrs. Nelson A. Rockefeller is a very private person. Since her husband became Vice President last year, Happy Rockefeller has granted no interviews. Recently, however, *Journal* Contributing Editor Lynda Johnson Robb asked her a wide-ranging series of questions. Here are Mrs. Rockefeller's answers.



"It is easier to be the wife of the Vice President of the United States than the wife of the Governor of New York, because the wife of the President is carrying the burden. My role is to be supportive of Betty Ford, where as wife of the Governor, I had to take the initiative. Today I feel a little like Tinker Bell, socially speaking, but I realize that I have significant responsibilities as a wife, supporting a very busy husband, and as a mother—especially the need for helping our two young boys to keep their perspective under unusual circumstances.

"I know I am sometimes pictured by those who don't know me as being opposed to Nelson's participation in public life. I'd like to set that straight, because it just isn't so.

"It's perfectly true that the more Nelson's at home, the happier we all are. We saw more of him in the months following his resignation as Governor at the end of 1973 than in any earlier period. Public life is so totally demanding of the time and energy of the man or woman engaged in it that his or her family simply must adjust to it. And there is no question that the boys and I had a lot of adjusting to do in August of 1974, when President Ford's nomination of my husband to be Vice President spelled an end to that especially happy period.

"Also, in retrospect, I believe that whatever was happening within me that led to my mastectomies in the fall of 1974 had been slowly dampening my natural enthusiasm for the adventures of living—that without my consciously realizing it, I simply didn't have my normal zest for some time—possibly several years—prior to the two cancer operations I had to undergo, incredibly, right in the middle of Nelson's confirmation hearings in the Congress. I owe Betty Ford an enormous debt for her example of faith and of courage as she went through the same ordeal. And today, as the enthusiasm of previous years returns to me, as I grow stronger daily in body and spirit, I feel a genuine sense of rebirth, as well as the most profound gratitude.

"The truth is that I have always wanted Nelson to be in public life so long as that has been what he has wanted. I am his wife—first and foremost—and we happen to like each other very much. Moreover, I recognize his deep sense of responsibility to his fellow man, and have never begrudged for an instant the devotion he has given to public service in fulfillment of that responsibility.

"As a mother of young children, however, I recognize how terribly difficult it can be to maintain a balance and perspective for the boys. It is tough to raise children—and tough for the children—when their parents are well known. Fortunately, and thanks importantly to their father's careful tutelage, our boys do have a balanced and thoughtful approach to their opportunities.

"Interestingly enough, the boys' contemporaries don't think of them as Rockefellers but as boys whose father is a public official, whether Governor or Vice President—that the important thing is what you make of yourself. They have their own sense of identity as themselves, with a father they can be terribly proud of because he has worked so hard and achieved so much.

"People seem to be puzzled about my enthusiasm for Admiral's House, the Victorian mansion next to the Naval Observatory in Washington, D.C., which has been designated as the official home of the Vice President. The reason is perfectly simple: Admiral's House reminds me of happy times when I was nine years old and spending my summer vacations at Sea Girt, N.J., where there were a lot of large, pleasant Victorian houses. Moreover, Admiral's House is quite similar in period and architectural permissiveness to the McKinley-era Governor's Mansion in Albany. So, recognizing that Admiral's House may not be considered an architectural gem, the truth is that it feels comfortable and welcoming to me. I think it is entirely adequate as a family home—little Nelson and Mark have long since picked out their bedrooms in the castle-like tower—and also quite good enough for most of the entertaining a Vice President might be called on to do. I don't understand the concern about the Vice Presidential home possibly being inadequate. I'm looking forward to completion of repairs and furnishing so we can move in by the fall of 1975. *(continued on page 112)*



With Vice President Rockefeller at their Pocantico Hills estate outside New York City. (In background is work by sculptor Alexander Liberman.) Says Mrs. Rockefeller: "I'm sometimes pictured . . . as being opposed to Nelson's participation in public life. . . . It just isn't so. I have always wanted Nelson to be in public life so long as that has been what he has wanted."

Exclusive photographs of the Nelson A. Rockefellers by Arthur Schatz

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JUDY

The farewell song of a legendary woman

This death, thought Liza Minnelli, was not like Mama. Mama was laughter, energy, indestructible aliveness. So Liza ordered spring flowers and hallelujahs for Judy Garland's funeral. And nobody wore black. The haunting conclusion of a coming best seller. / By Gerold Frank

It was Liza who noticed it first.

It was May, 1969, and Judy Garland had flown quietly into New York with Mickey Deans. She had married him first on January 9, in a Roman Catholic ceremony in London. (Mickey was Catholic, she was not.) The ceremony was kept secret because of a complication in her most recent divorce (from Mark Herron), but she wanted to be married in the eyes of God. Then she had married Deans in a public civil ceremony on March 15th.

The second official marriage would have occurred earlier had not Judy and Mickey gotten into a violent dispute because he had to fly off to the States. Judy, staying with her old friend, singer Johnnie Ray, had said to Johnnie: "I don't know if he's ever coming back, and I don't care."

But Mickey had come back; there was the usual ecstatic reconciliation and he had immediately announced to Johnnie, "We're getting married this Saturday at noon"—it was only five days off—"and you're going to be my best man."

Johnnie had sat down and sent off the invitations for a post-wedding reception at



Quaglino's, one of London's most famous restaurants. The guest list included many prominent names—John Gielgud, Bette Davis, Ginger Rogers, Margaret Leighton, Peter Finch and many others—but none of them showed up. It was incredible. Johnnie, trying to soften the blow, said, "Maybe they didn't get the invitations in time." However she felt, a frighteningly thin Judy danced gaily with Mickey, and two hours later, they were bound for a brief Paris honeymoon.

Then, in April, Mickey called their friend, pianist and singer Charles Cochran. Judy had just completed a ten-day Scandinavian concert tour with Johnnie Ray, and Mickey had an idea: the promotion of a chain of Judy Garland theaters in the United States. He and Judy planned to fly to New York. "Can we stay at your place?" he asked Charlie.

"Sure," said Charlie. He had a guest at the time—jazz singer Anita O'Day—but he'd make room for Judy and Mickey.

The Deans arrived in New York late in May. Cochran, the perfect host, moved out to stay with a friend, and his three house guests shared his Lexington Avenue apartment, with Cochran stopping in every day to see that everything was all right.

Hardly anyone knew that Judy was in New York. Her daughter, Liza Minnelli, was one of the few, and she dropped in on her mother one evening. She had met Mickey Deans many times before. He was a sturdy, muscular man, who could wheel and deal as well as sing, play the piano, entertain and manage a discotheque—all of which, she realized, must have attracted her mother. It was a toughness, an I-can-handle-it assurance reminiscent of Sid Luft, Judy's third husband and father of Lorna and Joey. Of Judy's five husbands, only Mickey and Sid had that quality. *(continued)*

Copyright © 1975 by Gerold Frank. From his book "Judy," to be published by Harper & Row, Publishers. Photograph by Douglas Kirkland.

JUDY
continued

When Liza entered the apartment, there was her mother, sitting down reading, her granny glasses on. She was quite peaceful, but it was not the calm of tranquilizers or of liquor. Suddenly it occurred to Liza: *She looks just like a middle-aged lady. Mama?*

First, Liza asked, "Hey, where's Mickey?"

Judy said, "Well, he went to see . . ." She was vague. This surprised Liza. She knew her mother. Whoever her man was, he had to be on the spot; if not, Judy had to know exactly where he was. His eyes could not even wander around the room without her noticing it; his eyes had to be on her, or looking for her. If not, she would do something outrageous, or say something arresting, to regain his attention. Liza knew that her mother possessed this uncanny ability (Sid had felt it often enough) to keep her man under constant surveillance, apparently with the back of her head, knowing what he was saying, knowing what he was thinking, knowing what was happening to his body, his emotions, what he wanted, what he felt like doing. Yet here was Judy saying, vaguely, "Well, he went to see . . ."

Liza, prepared for a typical night with Mama that would last until dawn, said "Well, are we going to meet him later, Mama?"

Again her mother surprised her. "No," said Judy. "He's doing this theater thing, it'll be such a comfort, because we'll finally have some money we can depend upon. . . ."

Then Judy went on to talk about their house in London. "I wish you could see it," she said. And suddenly: "Liza, did you ever try Teflon ware?"

A middle-aged Mama!

Liza looked at her. This wasn't Mama. This wasn't Judy Garland. This was what was called normal, and Liza couldn't stand it. She was accustomed to Mama—or to Judy Garland. There was a real distinction there. They were different, one would change into the other—but neither was like this middle-aged lady who talked about Teflon ware and wasn't sure where her husband was.

Judy's forty-seventh birthday was June 10. She spent it mostly in bed, in Cochran's guest room. Somehow, Harold Arlen, composer of "Over the Rainbow," learned she was in town and sent her flowers. That day she telephoned her old friend, actor John Carlyle, on the Coast. He had no idea that she was in New York. She said, "Oh, darling, let me come to California."

As he often did, Carlyle called her by a pet name, using the last name she was born with. "Look, Madam Gumm, you're a married lady now. I can't ask you. I would, you know I would."

Judy said sadly, "I've lost my audience."

John: "You never will, Judy. You must try to get stronger. Behave yourself and take care of yourself." She was obviously unhappy that day. They began talking about other matters, and she said, suddenly, "Darling, how's Judy?" John had two cats, one named for her. He replied now, "Love, she's very sick."

"What do you mean?"

"I've been taking her to have shots, and I don't think she's going to live much longer."

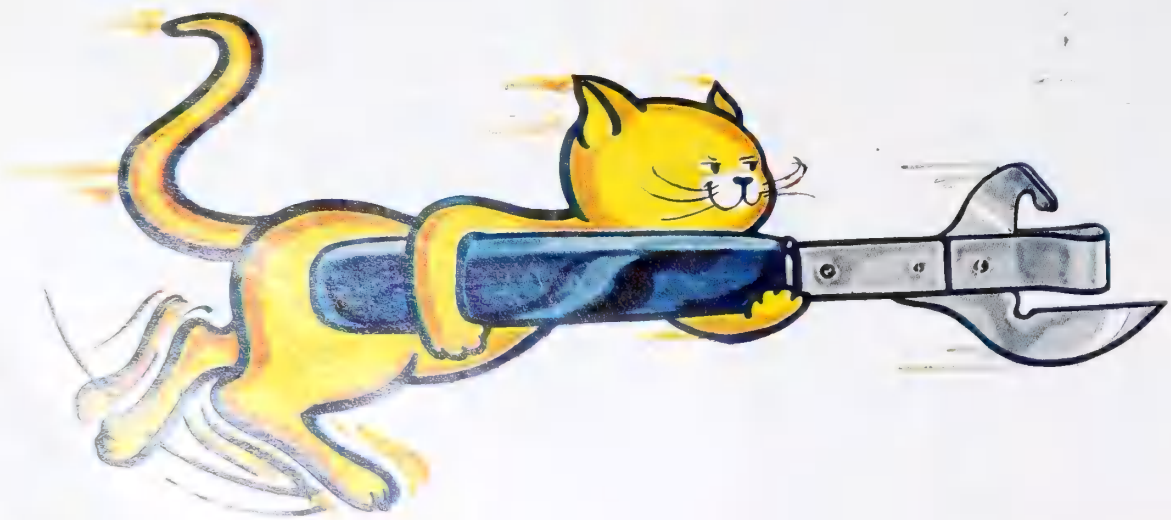
"Oh, darling, put her by the phone," said Judy. John got the cat from under the bed and placed it by the receiver—and this was the last time he heard Judy Garland's voice in song. She sang softly, tenderly, over the telephone: "Ju-dy . . . Ju-dy darling, get well, darling, for John and me, please get well."

They spoke a little longer, she seemed tired, and she said, "Good night, love."

When Judy had first arrived, Cochran had not been too surprised at her appearance. She was thin when they flew over to England, but he had been a little shocked by the photographs he had seen of her March 15 wedding to Mickey. She was even thinner then, a wraith. When she had opened at the London night

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ɔt, the reviewers described her as aunt" and "haggard." Now she appared so fragile that Charlie took ickey aside. "Don't you think Judy ght to go to a hospital for a few days rest and treatment?" Mickey said no, t he called his physician, who exam-d Judy, suggested rest and took her her usual sleeping pill, Seconal, and t her on Thorazine instead.

Judy had been ill off and on in Eng-ıd. One night when she arrived late d obviously in a bad way, one table four drunks began throwing bread ls, crushed cigarette packs, whatever ıer debris was on their table at her, ɔuting obscenities. She walked off the ıge and did not return for three nights. ıt these were the only nights she ssed in five weeks.

She and Johnnie Ray had decided on e Scandinavian tour during Judy's ief separation from Deans. In late arch, they were in Copenhagen. ıere, standing backstage after he had ıished his turn, Johnnie watched Judy ŋging, and suddenly found himself sob-ng. Bill, his manager, grabbed his arm. What is it?" Johnnie said, "I just have e feeling I'll never see Judy alive gain." He and Bill left late that night r another tour. He had been right.

Now, in New York, Judy followed the ɔctor's instructions and got as much st as she could. One night, when she felt better, she and Mickey went to New Jersey to meet his parents. Another night they spent at The Apartment, on Second Avenue, where Charlie was entertaining. And Sunday night, June 15, they all went to hear Anita O'Day at the Half Note, a Greenwich Village club. Judy looked sparkling that night, wearing a black dress and a huge picture hat.

Anita invited Cochran to join her in a jazz duet they often did together. Then Anita said, "That was my roommate, Charlie. How about my other roommate coming up and doing a song?"

Judy's last song

Judy laughed, rose and came on stage. She sang "Day In, Day Out"—she was in good voice, as she always was when rested. Then she sang "Over the Rainbow." Anita joined her, and they did "April Showers." It was the last time Judy sang in public in the United States.

Two days later she and Mickey flew back to London.

Four days later, Saturday, June 21, Cochran, not quite knowing what to do with himself, flew to the Coast and dined with John Carlyle. They went to a late show at a nightclub, and then returned to Cochran's motel in the San Fernando Valley for more drinks and talk.

They were watching the *Late Late Show*, but Judy had been the subject of their conversation, as always. Around 2 A.M., John suddenly said, "God, I miss Madam Gumm. Let's call her."

If it was 2 A.M. Sunday morning in Los Angeles, it was 10 A.M. Sunday morning in London. Judy and Mickey would be asleep. But John gave the overseas operator Mickey's number. A moment or so later, at the other end, in London, Mickey's sleepy voice answered. No, no, he didn't mind—not really. After a few more words, John said, "Can I talk to Judy?" A beat of time elapsed, and Mickey said, "John . . ." There was another slight pause—"I don't know where she is. I guess she's in the bathroom."

"Well, go get her," John commanded, alcohol giving him more than usual assurance. "All right," Mickey said. "Hold on." After what seemed a long two or three minutes, he was back on the phone. "Look, she can't talk to you right this second. Give me your number and she'll call you back in half an hour."

The two men waited in the motel. Charlie poured another drink. The telephone rang. John picked it up with "Madam Gumm, we miss you—" But it was not Judy. It was Mickey. "John, Judy's dead."

John held the telephone, paralyzed. "You're kidding, Mickey," he managed to say. "You're kidding." No matter what Judy did to herself, he knew she was indestructible. How many grim *(continued)*

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witticisms had those who loved her exchanged among themselves! You could fill Judy full of pills, bop her over the head with a floor plank, lash her ankles together, tie her to a manhole cover and drop her off a pier into the ocean—and she'd reappear, blithe and gay and ready to tear the house down, that very night.

He said again, "You're kidding," and Mickey's voice came back hysterically, "John, if you say that to me one more time, I'll kill you. She's dead. She's in the bathroom. Please go over to Westwood and tell Lorna and Joey so they won't read it in the newspapers—" His voice broke and splintered into something shrill and choking, and he hung up.

Like two automatons Charlie and John drove to the Luft apartment house, climbed to the third floor and rang the bell repeatedly. When there was no response, they began pounding on the door. Still no sound from within. Only later did they learn that Luft had taken the phone out of his bedroom, far in the rear of the apartment, so he could sleep undisturbed; that Lorna was at a girlfriend's house, and Joey spending the night with a classmate.

Finally they gave up. It was nearly 4 A.M., and they feared neighbors would call the police. They went to John's apartment. They still did not believe it. John switched on the radio, and they were shocked: it was Judy singing. A moment later, a man's words, superimposed over Judy's voice, said in sepulchral tones, "This voice was stilled . . ."

Then they believed it, and John kicked the screen of his front door out, in helpless anger at her for dying, in fury at the world that had allowed her to die. He called a friend, who later that morning reached Luft and broke the news to him.

That Saturday night Joey had slept over at the home of his friend Jack Kimball. Early Sunday morning he woke suddenly; Jack's mother was standing at the foot of his bed, Jack like a shadow behind her. She said, "Joey, how can I get in touch with your father? There's no answer at the apartment."

Joey finds out

"Why, what's wrong?" he asked.

Mrs. Kimball took him into another room. There she told him, "Your mother died." She had her arms around him, comforting him. He could only think, in the grip of a kind of numbness, of the last time he had seen his mother. She knew something then, he thought; but how could she have? His mind turned. It had been months before, when she'd stayed in Los Angeles for a quick visit.

He had seen a great deal of his mom during that visit in August, 1968. One evening—as it turned out, it was two nights before she left Los Angeles—they had gone with friends to The Factory, the most exciting discotheque around. At the table Judy had turned to him. "Joey, aren't you going to ask me to dance?" He had said yes, blushing—he was only thirteen—and he had been very proud to dance with her. It was the first time mother and son had danced in public. Judy had marveled at how tall he had grown, and was beside herself all evening because of what he had whispered in her ear as they danced.

"Mom, when I grow up, I'm going to be a banker so I can support you." "Oh, Joey," she had said, thinking, as she told John Carlyle later, thank God there's one sensible member of the family who doesn't want show business.

When they returned to the friends' house where Judy was staying, it was after 1 A.M. She had said, "I'm going to slip into something"—her favorite red velvet robe, no doubt—and then vanished into the guest room. Minutes passed, but she did not come out.

Joey went in to say good-night to her.

To Joey's surprise, his mother was already in bed. He had expected to see her in her red robe, seated before the dressing table in the little alcove, putting a deft touch to her makeup before returning to join the others. He knew that for her the evening had hardly begun.

He bent over and kissed her. Nestling down in the sofa bed, the covers almost enveloping her, her little girl's face so small against the pillows, she appeared hardly older than Joey himself. "Goodnight, Mom. I got to go," he said. He started to leave. At the door he looked back and saw there were tears in her eyes. He went back to her. "What's wrong, Mom?"

She said, "Oh, Joey, don't leave, don't leave. Stay here with me tonight."

He said, "Mom, I'll see you again. Why are you crying?" He knew they'd made reservations at the Cocoanut Grove two nights later for Tony Bennett's opening. She had never acted like this before. "I'll see you again." He bent down and kissed her cheek once more.

But he had to pull away from her grasp and her eyes followed him as he left.

Now, as Mrs. Kimball drove him home, Joey thought: she must have known, somehow, all those months earlier, that she would never see him again.

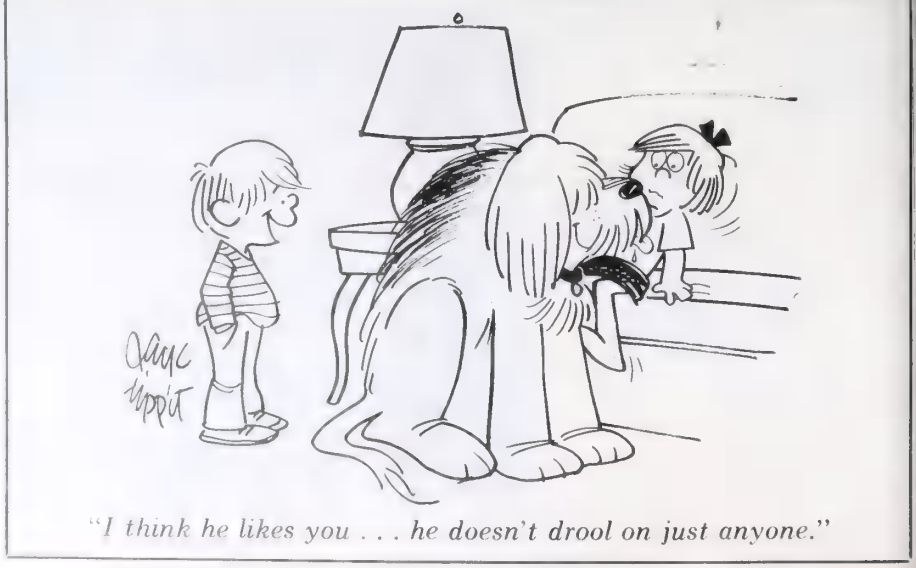
That Saturday night Lorna Luft and Joady Henderson, her best friend, had gone to see the Young Rascals, a rock-and-roll group that was simply the greatest. They had come home late and, after a midnight snack, gone to bed. Sometime during the night Lorna awoke with a start. She was wide awake, and frightened, but she could not focus on what was frightening her. Then she realized her whereabouts—she was sleeping in the twin bed in Joady's bedroom, and Joady across the room in her own bed, was sound asleep. Her fear subsided, and she fell asleep. When she awoke, it was around nine o'clock. Joady's bed was empty. Lorna, in pajamas, walked into the kitchen. Joady and her mother were both dressed—it seemed very early for a Sunday—and talking in hushed tones. They stopped when they saw her.

Lorna panics

Mrs. Henderson looked at her strangely. "Lorna, I've got to tell you something," she said. Lorna began to freeze. A panic was coming upon her, a panic somehow connected with the terrible fear that had wakened her so suddenly hours ago. Mrs. Henderson said, "Your Mom died."

Lorna backed away. "I don't believe you!" she said, accusingly. "I don't believe you." She fought a mounting hysteria. Why, she'd talked to her mother only three days ago, and she was fine.

Lorna rushed to the telephone and called home, but, though it rang and rang, her father did not answer. *It couldn't be true*, ran through her head. Once before they 'd told her *(continued)*



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this, and it hadn't been true then. When she was 11, she and her governess were being driven somewhere—Mama and Mark Herron were off on that trip around the world—and a voice on the car radio suddenly said what sounded like "Judy Garland is reported dead in a Hong Kong hospital." It hadn't been true then, and it couldn't be true now.

Unable to reach her father, Lorna called Liza in New York, but only the answering service replied. Then Lorna found herself being taken home, where Joey and her father, his face gray, awaited her. What Sid had always feared—that he might wake some morning to read the headline JUDY GARLAND DEAD—had happened.

Liza, with her first husband, Peter Allen, his sister Lynn and a friend, were house guests in the Hamptons that weekend, two hours from New York City. Their host came into the bedroom Sunday morning; there was a phone call for Liza. Peter said he would take it. He came back into the room and she heard him say, "Darling, you better wake up. I've got something to tell you."

Liza jumped up, her heart racing. Something terrible had happened. She knew it. It was one of her parents—but which one? Not her mother—Mama was indestructible. She said, tentatively, "My father's dead." Peter said no. "Is Mama sick?" Peter said no. It came to her in a rush then, and she started to shake. "Is Mama dead?" Peter said yes.

Later, Liza was to remember how light the room was when she heard the news, how brightly the morning sun poured through the window, how green, how Technicolor-green the grass outside, everything so vivid, every color so sharp—almost as though she were part of an extraordinary photographic exhibit. And yet everything trembled about her as though she were in an earthquake, because she was shaking so. She thought: *I've got to control myself, I've got to pull everything together.*

She was taking deep breaths, fighting to get enough oxygen into her lungs, as though she had just come offstage after a wild, impossibly strenuous dance number. *Lorna! Joey!* she thought. She must reach them at once before they read or heard it. She ran to the telephone and called her stepfather's number in Los Angeles, but there was no answer. Where *were* they all!

Then she thought, *I've got to have an autopsy done right away so Lorna and Joe will know it's not suicide.* She knew as well as she knew that she was alive this terrible moment, that it was not suicide. Mama would never dream of suicide, no matter how often she played at it. She would never deliberately leave them. Not only that: Judy Garland was a master of entrances and exits, and she would never depart in this fashion.

Liza almost breaks down

They had to get back to New York. Liza dressed, throwing on some kind of clothes. She walked downstairs, through the kitchen and out the back door onto the lawn, where she sat on the grass and waited for the others to get ready for the long drive back to the city. For the space of a heartbeat she almost broke down, because the day was so pretty, so golden, everything suffused with a kind of saffron glow—just the kind of a day *she* would have loved. It had shadows, it had definition: it wasn't flat, it was three-dimensional, filling your eyes. *I'm not going to let you down now, Mama,* she thought, *I'm not going to panic and run away from this. I'm not going to let anybody else handle it. I'll do it the way you wanted.*

They had talked about this many times and in many places. They had a favorite phrase: "If you go before I go, or if I go before you go . . ." Liza's godmother, entertainer and author Kay Thompson, had given Judy a bracelet when Liza was born. Over the years, Judy and Liza passed it back and forth between them. It was good luck. "If I go before you go, I want to be wearing this," Judy said of the bracelet. "I don't care what dress you put me in, but I'd like to be wearing this."

And she wanted to be cremated. She



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ıd claustrophobia, she shuddered at e thought of being encased in a tomb, put into a coffin under the earth. Her other, for all her fears, Liza knew, ıuld joke about death, and how she ould go. Wouldn't it be wonderful, she ıd said once, if you had those tiny suide pins spies carry, and when the doc- said, "I hate to tell you this, but you ve terminal cancer," you'd say, "Never ind," and prick!—you'd have nothing worry about any more.

And thinking about her mother, her domitable, indestructible mother, Liza ıs seized by a strange elation. That engy, that power that could turn audices of thousands into manic worship- s, that mischievous wit and antic mor that could so entrance and de- ht, that aliveness that could burst m her to electrify all about her, that traordinary perceptiveness that could tch the faintest nuance of a glance, a rd, a thought behind one's eyes, that er tenderness that could envelop you ll that energy, that vitality, that *esnce*, would no longer be contained in ıt small, frail body. It would be disrsed into the air about her; it would vays be part of the world surrounding , Liza realized.

Mama would never be gone. Always e would be with her, to talk to, to con- e in. Sitting there on the grass, she ke aloud to her mother: "O.K., Ma- . Now, we'll get this done. It will be rific, we'll do it with dignity, you'll be pleased. . . ." And then Liza broke. e cried very hard for two or three nutes, and as quickly as the storm ne, it subsided. She thought, *This 't in the schedule, this crying. Save s for later.*

She rose, walked to the front of the ıse just as the others emerged to be- the endless drive back to New York.

The funeral

Now the funeral. She must handle ıt, whatever it involved. Liza threw lself into activity. A friend called: o you know that Kay Thompson just in from Rome?" The last time Liza l seen her godmother had been eight rs before. Kay Thompson had been igure who floated in and out of her , although she knew she had been reat influence on her mother's style. She telephoned Kay. "Hel-lo!" Kay l cheerily. It was clear that she had heard. So Liza told her: "Mama sed away." There was a long pause. en: "How are you?" Kay asked. "I'm e," said Liza. Kay said, "What has to done?" Liza felt a surge of relief.

'Look," said Kay, "I'm going to throw a pair of slacks. I'll be right over. Let tell you something before I hang up: had one of the most wonderful lives t anybody ever could ask for. She had rything she ever wanted. There was hing that, if she wanted it, she wouldn't go after. . . . No matter what her complaints and tragedies—"

"Yes," said Liza.

When Kay arrived, Liza said, "I know two things she wanted for sure. I know I want to do it. Can I?"

"Let's find out," Kay said. "Actually her husband, whoever she's married to now, has final say in everything."

Liza had just talked to Mickey in London. He was a wreck. There would be an inquest in three or four days. Liza had said, "Mickey, don't worry about anything. I'll handle everything." He'd said okay, so Liza thought, *Well, I guess I will handle everything now.*

She reached Lorna, Joe and Sid in California. It was one of those terrible, awkward conversations. What could they say to one another? Are you okay? Yes, I'm okay. But they felt strong, united. Liza said, "I'm going to start arranging things. I'll call you back."

Where would Mama want the service held? In London? No, because that was not the central place of her life. Either New York or Los Angeles. People could more easily get to those cities and, after all, the service was for people. New York, then, because it was most central.

Now, where? Kay suggested Frank E. Campbell's, at Madison Avenue and Eighty-first Street.

Each time Liza was about to break down, Kay was there to ask a question, make a suggestion. "What color flowers? Your mother wanted to be cremated, right? We'll do that."

Nobody to wear black. No funeral colors. They'd have yellow flowers—Judy's favorite color. How does one obtain thousands of yellow flowers? Liza had already decided.

A phone call from Sid. The services would be in New York, said Liza. Sid wasn't sure. "I don't think she should be buried in New York. California is the place that made her—"

Liza: "She hated California."

Sid: "But all her friends are here."

Liza: "What friends? Anybody who cares enough will come to New York. And from London, too, and it's harder to get to California from London. . . ." Then she said, "Pop, I've arranged the whole thing. It'll be beautiful. Trust me."

Sid: "All right. Where is she going to be buried?"

This led to a dispute, a tearing one, particularly when Liza told Sid that Judy wanted to be cremated.

"God!" he screamed. "No, you mustn't, no, you can't." She could hear Lorna and Joey crying. Judy was still too alive for them—too alive for them all. So Liza said, okay, all right. That's what she wanted, but let's talk about it.

No, no, no, they said. And when Liza heard Judy's son and daughter crying, she knew Judy wouldn't want it. It was as though her mother were still with her saying, *Oh, look—let's (continued)*

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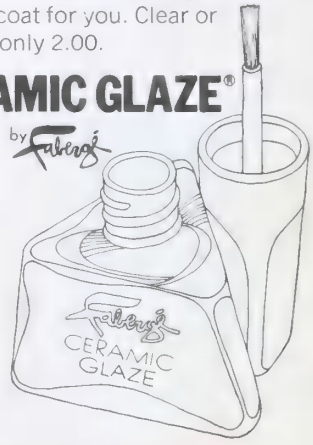
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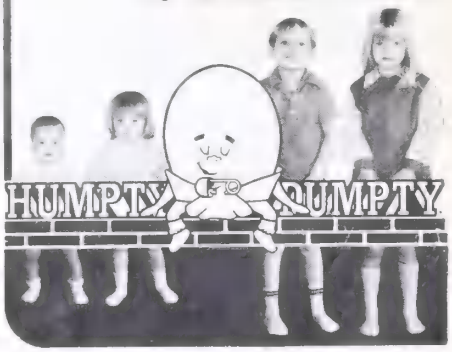
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JUDY
continued

not upset them any more. So Liza said, okay, we'll do what you want.

Liza remembered that in one of the discussions they used to have Judy had said she wanted Gene Hibbs, a well-known makeup man, to make her up for her funeral. "I want to look so—well, just glamorous and perfect."

But then it was discovered that Gene Hibbs was working for Eva Gabor on her TV series, *Green Acres*, and would not be permitted to take the time to come to New York. Then Liza thought of Charles Schram, who had done Mama's makeup for *The Wizard of Oz*. Would he do it? He agreed, and Liza burst into tears of relief.

The inquest was held. The coroner announced that Judy Garland had died accidentally from an "incautious self-overdosage" of sleeping pills. The medical examiner had found no evidence of a deliberate overdose, which officially ruled out suicide. She had undoubtedly taken her usual Seconals, then awoke at some point and, in the words of the coroner, "Miss Garland had taken—perhaps in a state of confusion from previous doses—more barbiturates than her body could tolerate."

When John's telephone call woke him, and Mickey found Judy absent from her side of the bed, he had hurried to the bathroom, knocked on the door—locked as usual—gotten no reply, come back, told John that Judy would return the call, then dashed back to the bathroom.

"Judy!" he called. There was no answer. Perhaps she had fallen asleep in there. He was able to reach the bathroom window by climbing out their dressing room window and walking across the roof. Judy was there, sitting, her arms, as he remembered it, on her lap, her head resting on her arms. Asleep, he thought, with relief. He worked open the window and climbed in—and then he saw that she was sitting there dead.

Judy comes home

Now Judy's body was on its way, and almost before Liza and the others knew it, it had arrived, with Mickey on the same plane. Schram had already been to Campbell's. Lorna, Joey and Sid had come in from the Coast.

Lorna said, "I want to go and see her."

Liza said, "Oh, Lorna, you really don't want to do that, do you, honey?" Lorna was strong, but she was also sensitive. She was sixteen—at that point in her life, to look upon her mother's dead face?

Lorna said, "No, I want to do it." Liza thought, *Well, I must go with her. Because suppose something happens. I won't let her go alone.*

Sid said, "I'll go, too."

Joey said, "I don't think I can go."

As they were about to leave, Joey pulled Liza over and said, out of Lorna's hearing, "Liza, don't let her get too close to the coffin . . . She might . . ." Liza understood. Joey—he had such sharp perceptions in his quiet way—was saying, *Don't let her get too close so that she can see that she really is dead.*

They went to Campbell's. Liza was beginning to shake. Lorna walked in, marched her staunch little body over to the coffin, looked down at her mother and stood there, staring. Then she started to tremble, came away and sat down by herself. Now it was Liza's turn. It was strange what she had to do to reach the coffin. First she sat down on the chair farthest from it. Then she rose, took a few steps and sat down in a nearer chair. And so, by stages, until she found herself, knees trembling, seated in a chair directly in front of the coffin. She stood up and looked down on her dead mother.

It was the most incredible experience she had ever had, because Mama's hands looked beautiful; her feet were pointed as they should be; she was wearing a lovely gown; and on her wrist was the bracelet she and Liza used to trade back and forth, the good luck bracelet.

It was not a waxen image of Judy. It was Judy. Her lipstick was on as it should be, she was smiling slightly, her eyes were closed peacefully. And Liza

found herself saying, "goddam it, you do, you do, you do!" In Liza's head she was hearing Judy's voice: *Don't I look swell, terrific, just beautiful?* And Liza answered, "Yes, Mama, you do."

And then the services.

Those who had been invited—only Judy's closest friends—entered to find on each seat a mimeographed sheet containing the words to "The Battle Hymn of the Republic." Kay and Liza had agreed there should be singing. Why not? A great part of Judy's life had been singing. Liza remembered how her mother had insisted, after President Kennedy's death, upon singing on her TV show "The Battle Hymn of the Republic," with its magnificent chorus, "Glory, glory, hallelujah!" That's what Judy would want sung at her funeral.

Liza had pondered hard: Who would deliver the eulogy? Mickey Rooney, who knew her from her earliest MGM days? Those two who had gone through so much together. But poor Mickey—he might fall apart up there, talking about his Judy. Then she thought: James Mason. Perfect. They had worked together, Mama admired him, and she loved his voice. She would always tell Liza, "Listen, the way he talks, doesn't he talk terrific?" And Mason had agreed, although he had not known Judy that well.

During the service, the casket was closed, completely covered with yellow flowers. The Reverend Peter Delaney, who had blessed the marriage of Judy and Mickey, read from the Bible with the right power to his voice. James Mason said just the right words: "The little girl whom I knew . . . when she was good, she was not only very, very good, she was the most sympathetic, the funniest, the sharpest and the most stimulating woman I ever knew."

Then they all stood up to sing, "Glory, glory, hallelujah!"

Sing for Judy

Liza and Lorna and Joey and Sid, standing in a row, holding hands, started to sing. Liza sensed they would all collapse unless she said something. She whispered fiercely, "Lock your knees! Sing! Sing!" But their voices were squeaking, tears were streaming down Joey's and Lorna's cheeks; and Liza, holding Lorna's hand, felt her begin to crumple. At that moment, there was a swish of satin behind them, and it was Kay. She whisked in, put her arms around the three children and said, "Sing, goddam it!" She was stomping her feet in time, and everybody was singing now, "Glory, glory, hallelujah!"—crying and laughing and smiling, and smiling and crying and laughing, and the hall rang with the voices and the music.

For a day and a night, more than 20,000 people filed by the coffin in which Judy lay, under a glass covering. Campbell's had never had so large a crowd—not even at Valentino's funeral.

They had come out for Judy's funeral. She always drew well.

Seated by himself at the services was one man in whose life this event was an extraordinary chapter. It was Dr. Marc Rabwin, now nearing 70. Judy existed because of him. In October, 1921, when he was a second-year medical student at the University of Minnesota, Frank Gumm had asked him if he could arrange an abortion for his wife, Ethel. They already had two children, and hadn't planned on this third pregnancy. But Marc Rabwin talked him out of it. "After the baby's born," he reassured Frank Gumm, "you wouldn't take a million dollars for it." Seven months later, on June 10, 1922, Frances Ethel Gumm was born.

Now Dr. Rabwin was witnessing her departure. How much he knew of this girl; how much admiration he felt for her; how proud that however troubled or frightened she was, this girl had made the world stop, and listen, and feel and go outside itself. Magician, illusionist, sorceress, weak as the weakest, fearful as the most fearful, strong as the strongest, funny as the funniest, indomitable as the most indomitable—was there ever anyone *(continued on page 113)*

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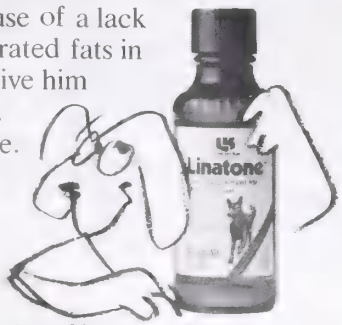
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PET JOURNAL

BOUBOUL

By Olivia de Havilland

A famous actress writes of t bulldog who came to tea—a stayed to take over her life.

When my daughter Gisèle was fourteen, the dearest wish of her heart was to have a dog. Consequently, we held a series of conferences in my tall, narrow house near the Bois in Paris. To these we summoned her half-brother Benjamin and, since he is greatly interested in the welfare of his delightful offspring, we also summoned her father, Pierre, who lives most conveniently across the street. The four of us finally agreed that a boxer would be the perfect choice. A boxer-breeder friend of Pierre's assured us first claim on the next litter.

During the waiting period, Pierre phoned one afternoon from his office and said that a Monsieur Ney had recently received, from friends in Holland, a baby brindled bulldog. Monsieur Ney felt he could not properly care for the small voyager. Therefore, suggested Pierre, might we not consider this diminutive creature as "the definitive dog?"

I replied that we should adhere to our agreement about the boxer, because a boxer would be a wonderful watchdog. Unfortunately, said I, Monsieur Ney's pet so perfectly fitted the description of a Boston bulldog that he would never frighten so much as a postman. Nonetheless, I remarked, we *could* invite Monsieur Ney and the puppy to tea, and once I had met the dog I would try to find him a family.

On a cold October afternoon, Monsieur Ney came to tea, bearing in his arms a very small, brindled and unmistakably Boston bulldog. He was named Bouboule, said Monsieur Ney.

Monsieur Ney set Bouboule on my sitting room floor. There, looking very solemn, the puppy staggered slightly and turned his face to the wall. I picked him up, placed him beside me on the caramel velvet canapé, and astonished myself by announcing, "This dog has pneumonia. I will nurse him until he is well, and then I will help you find him a home. First, however, you must confirm the diagnosis. A vet, Dr. Haegeli, lives two blocks away."

Dr. Haegeli looked at Bouboule and pronounced, "This dog has pneumonia. He may even be a lost case."

Pierre hastily filled Dr. Haegeli's prescription for various remedies. Ben held the invalid firmly but tenderly while Pierre dispensed nosedrops, eardrops and throatdrops. Gisèle dosed him with pills. By a vote of three to one, I was selected to ply the suppositories.

What Bouboule needed most, I cluded, was the warm comfort of a m er. I thereupon established him in bed where, when I joined him, promptly snuggled into my side slept peacefully.

During the next 24 hours, we n left Bouboule alone. His tempera began to descend. At 4 A.M. of the t day, Bouboule woke up and proclai a carnival on my counterpane. danced and he pranced and he tea

On the fifth day, Dr. Haegeli decl Bouboule cured, and we *all* danced pranced. But on the sixth day, I boule's right eye misted over blue. Haegeli was out, so we phoned a sec vet. He looked at Bouboule and avo that both his eyes might turn white. filled his prescription and rushed I boule back to my bed.

On the ninth day, the mist cleared veil lifted and Bouboule's eyes were vealed in their original merry bro

The next week, I noticed that I boule had the mange.

Two days later, I began scratch I had the mange. My doctor wrote o prescription and said that, as a pre tive measure, the entire household n take the treatment.

The following week, Pierre scrat for 24 hours, but developed no vis symptoms. Gisèle scratched inter tently, but minus visible symptoms. Ben scratched not at all. As for me, a a brief period of relief, I suffere violent recurrence at two o'clock in morning.

When no amount of Venetian tal and water paste gave me ease, I peated the soaping, the bathing and twice-over painting. Bouboule an were house-bound for a month.

Five years have now passed s Bouboule and I shared our pecu malady. It is almost as long since I searched my address book for his i family. Summer is upon us, and I s be spending August in the tall, nar house near the Bois, while the rest of family goes off on vacation.

However, I shall not be alone. companion will be Gisèle's "defini dog." He has thrice attacked boxers has twice frightened the postman. is fed by Gisèle, plays ball with I walks in the Bois with Pierre, goes rides with Monsieur Ney and sleep my bed. He is French, but he looks l Boston. His name is Bouboule.



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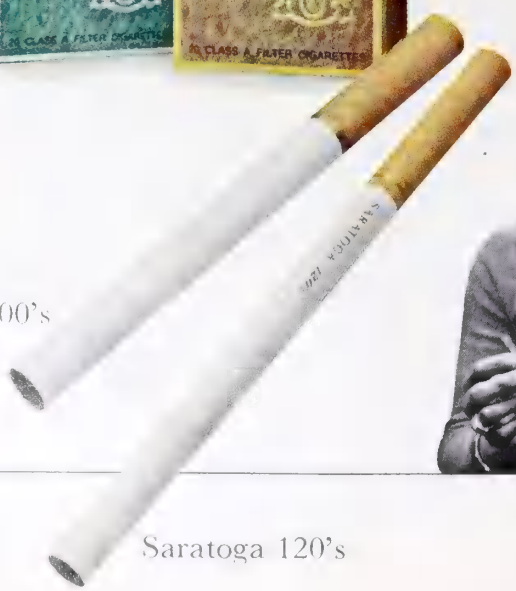
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JFK & ME

In the most candid interview she has ever given, actress Angie Dickinson breaks her long silence to answer the persistent rumors about herself and the late President Kennedy. Here is the truth about that very special friendship—plus fascinating insights into Angie's marriage to Burt Bacharach (and how her recent success on TV has affected it). **By D.L. LYONS**

The rumor has followed Angie Dickinson since the 1960s—part of the whispers that even today surround John F. Kennedy, the handsome President whose eye for pretty women has never been denied. Starting with the 1960 Presidential campaign, in which Angie worked hard for JFK's election, their names have frequently been linked, and Hollywood buzzed with stories of a reported "affair" between the beautiful, blond actress and the President of the United States. As recently as last June, *People* Magazine referred pointedly to "silver tales of an affair with JFK," and noted that while Angie "vaguely" denies them, she grows "dewy-eyed when talking about the late President."

Understandably, Angie has always been reluctant to discuss this part of her private life. Recently, however, with her songwriter-husband Burt Bacharach in New York on business, her daughter Nikki, 8, in school, and herself on hiatus from filming her top-rated TV series, *Police Woman*, she agreed to talk about some highly personal aspects of her life—including her relationship with the Kennedys. Looking cool and fresh in a light orchid pants suit, and very much at ease in the sitting room of her Beverly Hills home, North Dakota-born Angie confronted the rumors about herself and JFK head on.

"Even if I say we really weren't lovers, people won't believe me," she says. "They'll say I'm lying, so it doesn't really matter. President Kennedy was *not* my lover. But we did have a special friendship. I haven't the slightest idea how the rumors started. I didn't meet any of the Kennedys until the 1960 Democratic Convention in Los Angeles, and then I met them all at once."

The night before the convention began, the Kennedy clan gathered at Peter Lawford's house. Lawford was then married to Pat Kennedy. Among the guests were several Hollywood stars, including Angie Dickinson.

"Most of the Kennedy sisters and brothers were there," Angie recalls. "And they were all taking part in songs and sketches and having fun. Bobby and Teddy were on stage and Teddy rolled up his trousers putting on an act with a friend. They were having a wonderful time. It was the first time I'd met Senator John F. Kennedy."

Angie's beauty—and her enthusiasm for the Kennedy family—was remembered later in the year when JFK was campaigning. "Jeff Chandler called and asked if I would go on a ten-day barnstorming tour for Jack," Angie says. "I was under contract to Warner Brothers, and Jack Warner was a die-hard Republican. I thought the studio wouldn't like having me campaign for the Democrats. But I was dedicated to getting John Kennedy elected. We flew from city to city in five states. Ethel and Joan Kennedy were aboard, along with Arthur Schlesinger, James A. Michener and some others."

The tour ended in New York on the weekend before the November Presidential election. Angie took part in the final speeches at New York's Madison Square Garden. She says she met John F. Kennedy for the second time when he joined the group on stage. Less than a week later he was President-elect of the United States.

"He flew in from wherever he was and thanked us all for the hard work," Angie says. "He told me I would be invited to the inauguration. I was speechless with surprise. I was just trying to get him elected. I never expected anything like that."

During the four-day inauguration celebration in January of 1961, Angie spent many happy hours with the Kennedy family at Bobby Kennedy's Hickory Hill home. One evening she hitched a ride back to her Washington hotel with Joseph P. Kennedy, the President's father. At the inaugural gala, she sat in a special box with Bobby, Joan and Ethel.

Thereafter Angie saw a great deal of all the Kennedys. Once she visited the Joseph P. Kennedys in Palm Beach, Fla., and accompanied the senior Kennedy to the races. "Those were exciting and thrilling times for the Kennedy family and all of us who found them warm and generous and fun," she says.

Angie was in the wardrobe department at Universal Studios, making *The Killers* with Lee Marvin, when she heard of John F. Kennedy's assassination. To this day she cannot talk about her reaction to the news.

"I saw Bobby many times after that," she says. "In fact, I saw him two weeks before he was killed. We were having lunch with some of his other friends at the beach. I had no premonitions. But after I *(continued on page 120)*

Photograph by Sherman Weisburd. Hairstyle by Gene Shacove.



THI FROZEN SEA WITHIN

When Molly Carson called me to play tennis in April, was filled with a mixture of rage and gratitude.

"She wants to help you," one side of me said with a ton of resentful sarcasm. "She knows you haven't been out the house for weeks." I felt manipulated and dependent, an I didn't like feeling either.

"She wants to help you," the other side of me said in wo drous gratitude. "She knows you haven't been out of th house for weeks." I felt loved and cherished, and it was pr cisely what I needed.

The sensual memory of the sun on my bare arms, of th racket making contact with the ball, or my body relaxing o Molly's patio at the end of two sets, with a cold glass lemonade and Molly's lively voice and mind filling m emptiness, swung the balance. I said yes. I would like t



he had become
ary of life . . . even
s joy. Then she
et a little boy whose
ars made her
rget her own.
y Barbara Rohde

ow about tomorrow? But we had better make it doubles. I
ill didn't have my strength back completely.

I got to the courts a little late the next day, and Molly and
nda Knowles and a woman I didn't know were already
arming up. I was glad they didn't stop when I walked onto
e court but just called a greeting. The stranger added.
'm Mary O'Leary and that's Wink."

She waved her racket toward the bench at the side of the
urt, and I noticed for the first time the child underneath
a beautiful little boy of five or so, with dark hair and eyes,
Noah's ark and a lunchbox. I was surprised that the pain
at went through me was so distinctly physical. In fact, I'm
ther sure I winced. But Mary didn't notice. She was back
hitting balls, and I picked one up and rallied with Molly
d was glad my strokes were as *(continued on page 104)*

Illustration by Alan Magee



SPECIAL INTERNATIONAL WOMEN'S YEAR FEATURE

COMING OUT OF THE VEIL

The "mother of women's liberation" visits Iran and makes some fascinating discoveries about the Shah and his surprisingly feminist Empress.

BY BETTY FRIEDAN

Betty Friedan in Iran? Unflatteringly, the reaction to the news that I had a royal invitation to visit Iran to advise Persian women on women's liberation was an incredulous: "Why would they want her? Betty and the Shah of Iran?"

But the invitation—extended by the Shah's twin sister, Princess Ashraf, who is President of Iran's Women's Organization—had startled me, too. In my own sense of myself as a revolutionary, I was puzzled that the Shah, the Emperor of Emperors, would allow me to advise his women. I was not even certain that what I knew from my own experience in America could possibly be helpful to the women of Iran. What point, I thought, to a discussion of women's equality, liberation and sex role revolution in an ancient land ruled by an iron-handed autocrat, a land where nomad tribes still wander the deserts while wealth and power, enough to slow the cars in my own all-powerful country, spews forth from oil refineries on the Persian Gulf? Evidently the Shah, who by some standards could qualify as honorary male chauvinist of the world, felt that he could not lead his nation into the modern world, as he intends, without liberating Persian women from the veil—and all the social and cultural implications it carries and perpetuates.



The Shah and Empress of Iran

When worn properly, the veil—or the *chodor*, as it is called—covers all of a woman's head, face and body, except for the eyes. It is drab in color or all black—but then it is not meant to be pretty, for decoration. It is meant to protect the women from the glance of any man other than her husband. The veil thus defines the woman as sexual property; it renders her faceless, a non-person in human society. Until Princess Ashraf was 15, no woman in Iran ever left her house unveiled.

"Women were not even counted as people," the Princess, who now leads her country's delegation to the U.N., told me. "During a census, if parents were asked how many children they had in the family and if there were two boys and three girls, the answer would be 'two.' I can still remember that day in 1936 when my father, the Reza Shah, told me that we had to go with my mother and my sister and him to a public meeting without our veils. He had tears in his eyes, telling us we were to appear unveiled in public. My father made it illegal for women to wear the veil in public. Some women were so afraid to show themselves they never left their houses after that." Without the veil, younger women like the Princess moved toward "freedom and emancipation." But for many, the psychological "symbol" remained, though the veil had been lifted.

I arrived in Teheran with British writer Germaine Greer and Helvi Sipila, Assistant Secretary General for Social Development and Humanitarian Affairs at the United Nations. Between the time we had been invited to Iran and the day we arrived, an interview with the Shah, by the Italian journalist Oriana Fallaci, had appeared, making it even stranger that he would allow me to speak to the women of Iran. The Shah had told Oriana that he had never been influenced by, nor could he ever be influenced by, a woman. "In a man's life, women count only if they're beautiful and graceful and know how to stay feminine. . . . This women's lib business, for instance: what do these feminists want? Equality, you say? Indeed! I don't want to seem rude, but . . . you may be equal in the eyes of the law, but not, I beg your pardon for saying so, in ability. . . . You've never produced a Michel- *(continued on page 98)*

Empress Farah Diba and her children: the heir to the "Peacock Throne," Crown Prince Reza, 11; Prince Ali Reza, 9; Princess Farahnaz, 13; and Princess Leila, 5. "It is a pleasure to meet an Empress who is also a feminist," Betty Friedan told Farah Diba.

Photographs by Stephen Green-Armytage

VEGETABLES
A GROWING WAY TO DECORATE





There's more to vegetables than your Minimum Daily Requirement of vitamins. We submit a massive dose to decorate the house. Vegetables provide fertile ideas for fabrics, wallcoverings, dishes, cookware, canisters and bowls. Mix with the real McCoy and you'll have a veritable indoor Spring Harvest Festival. Above: An old needlepoint picture inspires a living still life of cauliflower, cucumbers, beans and romaine nestled in bright enamel. Left: A lunch gathering of vegetables growing on place mats, napkins and mugs. Complete the setting with a centerpiece of tiny ceramic vegetables. Right: Tomato red looks wonderful anywhere in the kitchen—by the yard, framed, enameled on a casserole collection, or simply washed and ready to eat. By Nathan Mandelbaum, Director of Interior Design.

Left: Le Creuset casseroles. Right: Fabrications fabric; Copco casseroles; FBS shopping bags.


Red
Pear
Ochsenherz

VEGETABLES
A GROWING WAY TO DECORATE

We lead you into the garden path yet again. Right: Vegetables, real and imagined crowd a nostalgic kitchen garden planted in shades of green, lavender and old rose. Peas, a recurrent theme in this old-fashioned medley, flower on the wallpaper and hand-painted dishes. Fresh, they fill a tall hurricane glass. Other garden vegetables lend their silhouette to ceramic centerpieces and canisters. Below: Tiny plastic vegetables are stacked in slat baskets for a permanent display; a combined vegetable and flower garden creates a fresh centerpiece. The carrots, scrubbed and glistening, replay the same theme in ceramic.

All photographs by Charles Gold. Left: Sigma Marketing china. Right: Carleton V wallcovering; Carbone tureen and ceramic centerpiece; Ginori china; Milnor flatware; Boussac of France fabrics (on both pages). More shopping information on page 102.









HAIR EMERGENCY

The only people whose hair always looks good are in the movies. The rest of us run into trouble, if only from the weather. Here are some emergency measures to help you cope. By Maureen Lynch, Health and Beauty Editor.



THE ROOTS CRISIS



It's summer and your hair grew faster than you expected. Your roots are showing and you can't get an appointment with your hair-dresser for a retouch until next week. Solutions: • Shampoo your hair. The cleaner and shinier your hair is, the less the roots seem to offend. • Avoid a hard-edged part. Try no part at all or a diagonal one that starts at the center crown and ends side-front. • Hide your hairline. If you have shorter hair in the front, brush it softly across the forehead. • Curl. The softer and fuller your hair, the less obvious the roots.

THE TIME CRUNCH





You'd planned to wash your hair this morning, but you overslept and now have exactly twenty minutes to catch the train to work. Solution: Pull on a wig, preferably one close to your own hair color so that your business public will still recognize you. (Save fantasy wigs for your private life.) To make sure the wig slips on easily and stays on, pull your own hair back first and pin it flat to your head with bobby pins. Then holding on to the wig on either side, slip it on, front to back.

THE NATURAL DISASTER

was a great day in the sun and surf. You never felt tter—but your hair never looked worse. Even orse, there's no time for a wash and set before ur dinner date. Solution: Make more of your face, s of your hair by sweeping it all back and fasten- it with a covered elastic at the crown. From there u brush the pony tail around your index finger and sten with hair pins in a simple chignon. Or, if you ve a minute or two extra, wind the pony tail in ctric curlers, brush out carefully and pin each curl ck in place. If your hair is short, pin on a curly irpiece to cover the elastic.







Photographs by Jerry Abramowitz. Hairstyles and makeup by Lennardo de Vega. Fashion, opposite top and this page, by Clovis Ruffin for Ruffinwear. Opposite bottom: Shirtdress by Albert Nipon; Elura wig by Fashion Tress; glasses from Lens and Eye; Trifari ring; photographed at Wyse Advertising, Inc., N.Y. This page: KJL earrings; photographed at Café Europa, N.Y.

Sports Journal

SPORTS WIVES: THEIR PRIVATE GOALS

They are often accomplished athletes in their own right. They swim, play tennis, bike, snorkel, deep sea fish and ride horseback, though usually it is for pleasure and not pay. As the wives of professional athletes they thrive on the sporting life. It is a life that often revolves around travel to training camps, meets, matches and games across the country and sometimes around the world. Frequently it takes a lot of juggling to combine child-rearing with a life on-the-go. It also may mean postponing their own career plans until their husbands' retire from professional sports, which athletes tend to do at a much earlier age than men in other professions. While they find their present lives exciting, they look forward to a day in the not too distant future that they can spend more time at home as a family and explore other interests. Here they model this season's active sportswear. They are the kind of contemporary, easy-moving clothes without gimmicks or frills that serious sportswomen like these prefer. They are designed for action as well as looks. By Trudy Owett, Fashion Editor.

TURQUOISE ERVING ▸

She is a tall, willowy beauty with an innate reserve who is happier avoiding the limelight that seems to shine nonstop on her basketball star husband Julius Erving, the high-scoring, high-jumping forward for the New York Nets. When Julius tours, Turquoise often prefers to stay home with the couple's two active young sons, Cheo, aged two-and-a-half and Julius II, aged one. She enjoys the quiet of evenings alone after the children are in bed, when she catches up on various projects, including answering her husband's fan mail. The Ervings are building a large new home on Long Island's North Shore, which will have a tennis court for Turquoise, who is an avid player. There will also be a swimming pool, but no basketball court. "Not even a net," adds Turquoise emphatically.

Right: Turquoise wears a knitted, body-skimming tennis dress with cardigan by Haymaker Sports, Inc.





Fashion, accessory and sporting equipment information on page 102. Color photograph by Jerry Abramowitz. Hairstyle by Eric Turner, makeup by Joey Mills; both of Cinand



CHARLIE QUARRY ▸

Charlie and Jerry Quarry keep in shape together. She is a former beauty queen who has co-hosted her own television giveaway show. He is a top heavyweight prizefighter. The two are often seen around Anaheim, California where they live; Charlie on her bicycle and Jerry jogging alongside as part of his training. Charlie also swims, deep sea fishes and shows her blue-ribbon winning horse. This is a second marriage for both. They met three years ago on a blind date. Charlie loves the excitement of their life and adores traveling. She is always extremely nervous, she admits, before a fight. She looks forward to the time Jerry stops fighting. "He wants to be a sportscaster. He knows everything there is about every sport," she says.

Right: Charlie, in a striped, short coverall and scoop necked T-shirt both by Wrangler Sportswear.

Above, and following pages: Color photographs by Sherman Weisburd. Hairstyles and makeup by Carrie White of Carrie White Salon, Bevely Hills.



RUTH RYAN ▸

Ruth and Nolan Ryan, who pitches his famous fastball for the California Angels, grew up together in Alvin, Texas. They had their first date when Ruth was 13 and were married five years later. When Nolan signed his first baseball contract and began to travel, Ruth found the separations difficult. She dropped out of college as a sophomore to join him. Now their three-year old son, Reid, travels with them, too. "He already has a pretty good baseball arm," Ruth reports. Being married to an athlete isn't easy, she says. "Everything revolves around competition and winning." She looks forward to their off-seasons spent in their new ranch house outside Alvin where Ruth plays tennis and golf. When Nolan retires Ruth plans to finish college and then teach physical education.

Right: Ruth wears an A-line golf skirt with patch pocket over a stretchable tank-topped leotard by Danskin.

KAM SEAGREN

Kam Seagren is one of those classic blondes you see on TV commercials. (She has sold soap, toothpaste, cars and beer.) She is also an aspiring actress, a certified scuba diver and wife of Bob Seagren, the Olympic pole vaulter and all-around athlete. Both grew up in Southern California where they almost didn't meet. They ran in the same high school track meet but were never introduced. Then Bob saw Kam's picture on a magazine cover and tried, unsuccessfully, to find out who she was. Finally, both enrolled in the same acting class and were asked to improvise a love scene which worked—and they were married a year later. They have an 8-month-old daughter, Kirsten, whom Bob gets up to feed mornings. Bob is more of a homebody than Kam, who enjoys the travel which is part of her husband's career, more than he does.

Left: Kam snorkels in a tank suit with piping by Monika for Elon.



Fashion, accessory and sporting equipment information on page 102.

HOW TO

MAKE PERFECT CHICKEN

1. BRAISED
2. ROASTED
3. FRIED
4. DEEP-FRIED
5. BROILED





You can't miss. No matter how you like your chicken—braised, roasted, fried, deep-fried or simply broiled—we promise the juiciest, tastiest results ever. To come up with *the* perfect chicken, we spent long hours in our test kitchens experimenting with all the subtle cooking tricks of the trade that promise to make the difference between plain chicken and a treat for the taste buds. Since part of the responsibility for a perfect chicken lies with the chicken, buy carefully. Stay under 3 pounds except for roasting or stewing. Make sure the chicken skin looks fresh and moist, without blemishes. Keep refrigerated and cook within a day or two at the most. By Arlene Wanderman, Food and Equipment Editor.

PERFECT
BRAISED CHICKEN

The secret of this tender, aromatic braised chicken is a two-part cooking process. First the pieces are floured and browned lightly to lock in the juices. Then they are slowly simmered with sherry, cream and vegetables in a covered skillet. This dish can be cooked ahead. Start with a 2½-3 lb. broiler-fryer cut into serving pieces.

1 Rinse under cold water, pat dry with paper towels.

2 Combine ½ cup flour, ½ tsp. salt and ⅛ tsp. pepper in a plastic or paper bag. Dip chicken in mixture, a few pieces at a time and shake off excess.

3 Then heat 2 tb. vegetable oil in a large skillet. Place chicken in skillet, skin side down. Brown for 15 minutes, turning occasionally.

4 Add 1 cup sliced onion rings to pan. Cook until limp. Add 2 minced cloves of garlic and sauté 1 minute. Stir in 2 tb. flour and 1 tsp. salt.

5 Gradually stir in 1 cup heavy cream, ½ cup water, ½ cup dry sherry. Cover skillet and simmer one hour.

6 In a small pan boil 2 cups water. Add 1 cup carrots cut in julienne strips. Cook 3 minutes. Add 1 cup green pepper strips and cook 2 more minutes. Drain.

7 Add pepper and carrot to chicken along with a 4-oz. jar of drained, diced pimiento and 1 cup sliced mushroom. Continue to simmer 30 minutes. Skim off excess fat before serving. Serves 4.

Photographs by Michael O'Neill

PERFECT ROASTED CHICKEN

If you think all roast chicken is alike, try this recipe. Trussing, higher temperature and basting with clarified butter make the difference. See directions for trussing on page 98.

1 Rinse 3½–5 lb. chicken and dry. Clarify ½ cup butter.

2 Rub body cavity with 1 Tb. clarified butter, ½ tsp. salt, ½ fresh lemon. Truss. Baste with clarified butter.

3 Place in a 425° oven wing side down on rack in pan. Baste every 20 minutes with remaining butter.

4 After 40 minutes, turn chicken on back and continue roasting and basting. Total cooking time, 1¼-1½ hours, or until juices run clear (use any sharp prong to test). Serves 4.



PERFECT FRIED CHICKEN

For tender, shallow-fried chicken, we cook dark meat first, then add light for even doneness. Creamy sauce is optional.

1 Rinse cut-up 2½–3 lb. broiler-fryer and pat dry.

2 Pour 1 inch vegetable oil in skillet, heat to 375°. Combine ½ cup flour, 2 tsp. salt, dash of pepper in a bag. Coat a few pieces at a time.

3 Preheat oven to 250°. Place paper towels in shallow baking pan.

4 Fry thighs and drumsticks, turning occasionally, for 12 minutes until golden. Prick with fork to see if juices run clear. Remove to baking pan and place in heated oven. Fry remaining pieces for about 7 or 8 minutes. See page 98 for gravy. Serves 4.



ERFECT
EP-FRIED CHICKEN

r sensational deep-
ed chicken is soaked
ernight in buttermilk
extra flavor, then
ated with self-rising
ur and more butter-
lk and fried.

Rinse and dry a cut-
up 2½–3 lb. broiler-
er.

Soak chicken in 2
cups buttermilk over-
ght in refrigerator.

Heat 2–3 inches veg-
etable oil in deep-fat
er to 365°.

Combine in a bag 2
cups self-rising cake
ur, 1 Tb. salt, ⅛ tsp.
ack pepper, ⅛ tsp.
yenne pepper. Shake
icken, one piece at
time, and dip into
ttermilk, then flour.
ake off excess. Fry
o 15 minutes. (Dark
eat takes the longest.)
rain on paper towels.
rves 4.



PERFECT
BROILED CHICKEN

he secret of this tasty
oiled chicken is in the
sting. The distance
om the heat is impor-
nt, too. Place 3 to 6
ches from heat in gas
en, 6 to 9 in electric.
Rinse 4 broiler-fryer
halves, pat dry.

Preheat broiler.

Combine ⅓ cup clar-
ified butter, 3 Tb.
emon juice, 1 tsp.
rumbled tarragon.
rush chicken.

Place chicken skin
side down on broiler
an. Cook 20–25 min-
es, brushing occasion-
ly with butter. Turn
icken and broil addi-
onal 15–25 minutes,
asting occasionally. To
st doneness, prick to
e if juices run clear.
erves 4.

Photographs by Michael O'Neill



JOURNAL ABOUT HOME

Winning recipes for easy coffee and tea breads and a rundown on freeze-dried foods for campers and vacationers. Plus an early warning for home canners.

BLUE RIBBON RECIPES

Writes sixteen-year-old Teresa Tremblay of Twin Falls, Idaho, "This particular recipe came about by accident. I was all set to fix a loaf of apricot bread when I discovered that the house was totally void of apricots. Oh well, I decided, banana bread would taste just as good. You guessed it. No bananas. Pumpkin bread? No pumpkin. As a matter of fact, we had very little of anything in the house. But I was determined, and at last I came up with a can of peaches and half a box of my mother's granola."



NUTTY PEACH BREAD

1 can (16 oz.) peaches, drained, reserving syrup
2 cups sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
⅔ cup granola
½ cup chopped walnuts or pecans
⅔ cup sugar
⅓ cup vegetable shortening
2 eggs
3 tablespoons orange juice

Purée peaches in blender and add enough syrup to measure 1 cup.

Preheat oven to 350°. Sift together flour, baking powder, soda and salt; mix with granola and nuts.

Cream sugar and shortening, beat in eggs. Stir in orange juice, peach purée. Add flour-nut mixture, mix well.

Pour batter into one greased 9x5x3-in. loaf pan or six greased 4½x2⅝x1¼-in. pans. Bake in a 350° oven 40-45 minutes for large loaf or 25-30 minutes for small loaves, or until bread is done. Cool slightly and remove.

Congratulations to Mrs. H.M. McLearn of Altamonte Springs, Florida. Her delicious Nutmeg Coffee Cake is a winner—and we surprised Mrs. McLearn with the good news.



"Which one did you pick?" she exclaimed. Like so many readers she's sent us several recipes without expecting to win.

NUTMEG COFFEE CAKE

3 cups sifted all-purpose flour
2¼ cups (16 oz.) firmly-packed light brown sugar
¾ cup butter or margarine
1 cup sour cream
1½ teaspoons baking soda
2 eggs
1 teaspoon ground nutmeg
¾ cup chopped pecans or walnuts

Grease and flour a 13x9x2-in. baking pan. Preheat oven to 350°.

Blend flour, brown sugar and butter with pastry blender until crumbly. Reserve ¾ cup of the mixture. Combine sour cream and soda. Stir eggs, nutmeg and sour cream-soda mixture into crumb mixture.

Pour batter into prepared pan; sprinkle with nuts and reserved ¾ cup crumb mixture. Bake in a 350° oven for 40-45 minutes or until done.

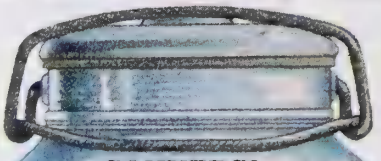
Send us your favorite recipe using nuts—at least ½ cup must be used. We'll pay $50 for two winners. Include some mention of origin. We reserve the right to alter recipes used; recipes become property of Downe Publishing, Inc. Entries must be postmarked by June 30. Send: Recipe Exchange, Ladies' Home Journal, 641 Lexington Ave., N.Y., N.Y. 10022.

TRAIL FOOD: ENTIRE MEALS IN MINUTES!

Intrigued with the world's ultimate convenience food—the complete freeze-dried dinner—we set out on a mini-vacation adventure armed with a charcoal stove, a large pot of water and two packets of actual trail food: Spaghetti Italiano and Mexican Stew. We opened each plastic bag, poured in water, resealed the bag and plopped it into the pot of boiling water for 10–12 minutes. While we waited for the flakes to turn into meals we browsed through a catalog of trail foods and found You Can Get Just About Anything Freeze-Dried. Beef steak, chicken stew, tuna salad, turkey tetrazzini, you name it. Small packets of single items such as bacon—or dinners—from soup to dessert come packaged together in boxes.

Twelve minutes and it's time to sample our trail dinners. Smelled good, and tasted OK. And there was something faintly miraculous about turning a handful of powdery flakes into a steaming plate of food.

Where to get freeze-dried camping food: Check local army-navy stores, camping supply or sports stores to find trail food. Some brand names to look for—Wilson's, Chuck Wagon, Tea Kettle, Mountain House, Rich-Moor, Herter's. Compare brands to see how many ounces of cooked food your dehydrated meal will produce. Hint: it's a good idea if you're taking the food camping to try it out first at home. Happy rehydrating!



CANNERS' EARLY WARNING

Time to stock up on canning equipment. Do you need jars? Rings? Tops? After last year's short supply, nobody wants to get caught with bushels of ripe tomatoes and nowhere to go but the salad bowl. Now's also a good time to stock pickling spices you'll need. Hint: buy each spice individually.

Drawings: Rainbow Grinder. Food photographs by Michael O'Neill.



Campbell's Souper Sauce recipes give meat dishes zesty barbecue flavor inside and out.

Campbell's Soups make it easy to stir up a delicious barbecue sauce that flavors meat dishes inside and out. Because you simmer the meat in the sauce, you get barbecue flavor in every bite. Treat your family to tangy barbecue flavor with one of these kitchen-tested recipes this week...

BARBECUE LOVERS' BARBECUE SAUCE

- 1 can Campbell's Onion Soup
- 1 can (10¾ ounces) Campbell's Tomato Soup
- 2 tablespoons cornstarch
- 2 large cloves garlic, minced
- ¼ cup vinegar
- 3 tablespoons brown sugar
- 1 tablespoon Worcestershire
- ⅛ teaspoon hot pepper sauce

In bowl, combine all ingredients.

BARBECUE LOVERS' MEATBALLS

- 1 pound ground beef
- ½ pound bulk sausage
- ½ cup soft bread crumbs
- 1 egg, slightly beaten

Mix thoroughly beef, sausage, crumbs, and egg. Shape into 24 meatballs. In skillet, brown meatballs; pour off fat. Add sauce mixture. Cover; cook over low heat 20 minutes or until done. Stir often. Serve with rice. Makes 6 servings.

BARBECUE LOVERS' CHICKEN

- 2 pounds chicken parts
- 2 tablespoons butter or margarine

In skillet, slowly brown chicken in butter (about 25 minutes). Add sauce mixture. Cover; cook over low heat 20 minutes or until done. Stir often. Serve with rice. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.00 and one Campbell's Soup label with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55359. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

Campbell's makes your cooking M'm! M'm! Good!



How to eat well and not spend a bundle.

Make Kraft Macaroni and Cheese Deluxe Dinner a hearty and economical casserole with some sautéed frankfurter slices and breadcrumbs. Dill pickle spears add the final touch.



Kraft Dinners make ends meet.

KRAFT Division of Kraftco Corporation



Buffet brunch with the Rochester Hadassah in the sunny garden room of hostess Judy Bloch, left, passing borscht to Margie Relin, right. Background: from left: Judy Kaplan, Natalie Schwartz (artist for the book), and Marcia Shapiro.

HERITAGE OF JEWISH COOKING

The ethnic heritage of Jewish cooking is a rich one—matzo balls (Kneidlach), chopped liver, chicken soup and other specialties. For a long time, we've been searching for a community cookbook that would do justice to this cooking heritage (actually, a blend of middle European and other cuisines), and we finally found it in the *Rochester Hadassah Cook Book* produced by the members of the local Hadassah.



Clockwise from top right: Kneidlach and Chicken Soup, Vegetarian Chopped Liver, Challah (bread), Sweet and Sour Brisket, Gefilte Fish (recipes, p. 94).

The book contains a treasure trove of kosher recipes adaptable to all kinds of menus: soups, salads, entrees in abundance; but it's probably the desserts that win highest accolades. There just aren't many better recipes that we know of. Over 1,000 recipes in all, in 314 pages.

Our visit to the publishers of this book took us to Rochester, in upstate New York, and the only pity is that we were there in winter so we missed the spring and summer glory of this prosperous center of education and industry. Our welcome was enthusiastic and we were immediately impressed with the fact that here was a group of women who really move—several had just come back from vacation, several were just going, and everyone, it seemed, had three or four irons in the fire—in addition to responsibilities as homemakers. Several had jobs, many were into adult education, and more than we'd have expected were working. One woman had

(continued on page 92)

Photographs by Ken Regan—Camera 5, except food this page, by Charles Gold.

Give it a kick.



Give it a lemon.

2. Wine changed to Sangria with a lemon trick. Lemons are the secret to this great cooler. To one bottle red or white fruit flavored wine, add ½ cup lemon/lime pop, plus 3 Tb. fresh lemon juice. Slice in 1 whole orange and 1 whole lemon. Serve over ice.

n/Lime kiddie drink made with lemons. This easy ick makes it good enough nups. Whirl in your 1 envelope unsweetened me kiddie drink, a can pineapple tidbits, vater, 1 cup sugar, and esh lemon ur into Add 4 water.

or

3. Iced Tea made cooler with lemons. Serve with lots of lemon wedges to make it pretty. And to give it an extra kick. It's a summer classic. And here's another classic: Make thin spirals of lemon peel and freeze them into your ice cubes. Makes tea, or any drink, beautiful.



4. Frozen lemonade with a fresh lemon punch. Lemons make it look and taste fresh. Just mix a 6 oz. can, according to directions. Cut a lemon in half. Squeeze one half into pitcher. Cut remaining half into slices and toss in. It's so much better.

nkist® lemons and summer drinks. Ummmmnnn.

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Left, assorted cookies (recipes, p. 96) with decorative orange—easily carved with a lemon stripper. Center: Hadassah President Mollie Shafer, standing, serves Helen Hecker and Millie Rosenbaum, cookbook co-editors. Right: a plate of Cheese Blintzes.

HERITAGE OF JEWISH COOKING

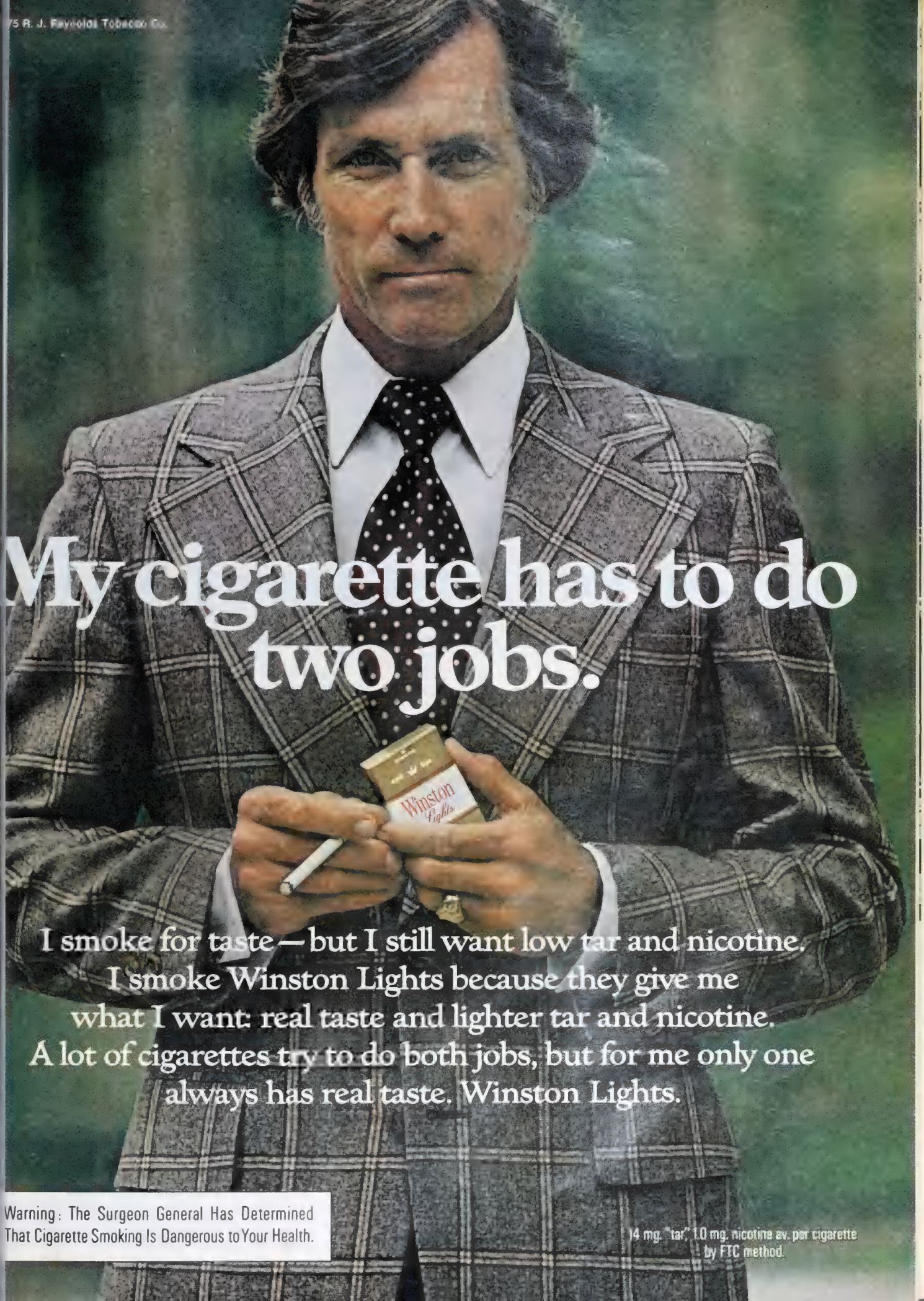
to excuse herself early to run off and lead a belly-dancing class. So it is with the busy Hadassah ladies of Rochester, New York.

We were also impressed with their preservation of Jewish traditions. At the home of Sora Lee Goldberg, for instance, we were treated to a traditional Sabbath dinner, with all the authentic food and table accessories. Her home also displayed a fascinating array of Israeli artifacts. For brunch at the home of Judy Bloch, the buffet sparkled with beautifully arranged salads. But perhaps most beautiful of all was a tea table at the home of Edith Perlman—tray after tray of cookies and cakes arranged decoratively, and garnished with extraordinary ingenuity. We came away much the richer for it all.

Hadassah is a service group of Jewish women, whose efforts are devoted to raising money for worthy causes in the United States and Israel—hospitals, schools, child care and so on. The name Hadassah is the Hebrew name for the legendary Esther, who dedicated herself to the saving of her people. It is also the name for myrtle, a plant native to Israel. The service organization was founded in this country in 1912, and its first national convention took place in Rochester in 1914. The Rochester chapter, which now totals 1,300 women, has many activities, with this cookbook one of its most successful—since being published in 1972, they have sold 6,000 copies. And deservedly. It's a proud achievement, professionally done, worth a place on any cookbook shelf. To order a copy, check the coupon on page 96. Recipes on page 94.—JOHN STEVENS.



An elegant tea party in Rochester. From left: Margie Wiseman, Jill Musicus, Dora Levy, and our hostess, Edith Perlman.


75 R. J. Reynolds Tobacco Co.
My cigarette has to do two jobs.
Winston Lights
I smoke for taste—but I still want low tar and nicotine.
I smoke Winston Lights because they give me what I want: real taste and lighter tar and nicotine.
A lot of cigarettes try to do both jobs, but for me only one always has real taste. Winston Lights.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
14 mg. "tar," 1.0 mg. nicotine av. per cigarette by FTC method.

Kraft simmers real cookout flavo



JEWISH HERITAGE
continued

SWEET AND SOUR BRISKET
(pictured on page 89)

6 lb. single beef brisket
2 onions, sliced
1 clove garlic, minced
¾ cup brown sugar
½ cup vinegar
1 cup ketchup
1 cup water
1 tablespoon salt
Freshly ground pepper

Place brisket in heavy skillet and brown on all sides. Add and brown onions and garlic. Add remaining ingredients. Simmer, covered, until meat is tender, about 2¼ to 3 hours. Serves 10.—*Maxine Peters*

SNOW WHITE GEFILTE FISH
(pictured on page 89)

3 medium onions
1 large carrot, peeled and sliced
3 stalks celery, cut up
2 teaspoons coarse salt
1 teaspoon white pepper
Sugar, optional
3 lb. fillet white fish
3 large eggs, beaten
3 tablespoons bread crumbs or challah
3 tablespoons matzo meal

Place in large pot: 1 onion sliced, carrot, celery, 1 teaspoon coarse salt, ½ teaspoon pepper, sugar if desired. Grind or bread fish with remaining onions. Beat eggs well and mix thoroughly with fish. Add 1 teaspoon salt, ½ teaspoon pepper, bread crumbs, matzo meal. Form fish balls with wet hands. Place fish balls over vegetables and seasonings. Fill pot with cold water to cover fish. Bring to boil over medium heat. After it comes to a boil, cook 1½ hours more, covered. Cool; remove from liquid.—*Rose Kroll*

KNEIDLACH
(pictured on page 89)

3 eggs, separated
1 teaspoon salt
3 tablespoons chicken fat
¼ teaspoon white pepper
¾ cup matzo meal

Beat egg whites and salt until stiff. Beat egg yolks with fat and pepper. Pour yolk mixture over whites, sprinkle matzo meal over lightly, a little at a time, folding gently after each addition. Keep folding until well blended. Let stand a few minutes. Make balls and drop into rapidly boiling salted water and cover. Cook on medium heat for one hour. Test with fork, and if not soft enough, cover and continue cooking about 10-15 minutes longer. Transfer to hot chicken soup. These matzo balls can be reheated several times.—*Sarah Derman*

CHICKEN SOUP
(pictured on page 89)

4-5 lb. chicken, cut into eighths
1 large onion
3 large carrots
1 stalk celery
1 parsnip
4 sprigs parsley
⅛ teaspoon dill seed
1 package broth seasoning
½ teaspoon salt

Cover chicken with water, bring to boil, drain and scrape skin clean. Rins well in cool water. Place chicken i clean pot, cover with fresh water (abou 2½ quarts) and bring to a boil. Skim. Ad vegetables and seasoning, cover an simmer about 80 minutes or until chick en is tender. Taste for salt correctio during cooking. When cool, drain sou from chicken. Chicken may be used fo dishes calling for cooked chicken. Serv soup with Kneidlach or noodles whic have been cooked and drained separate ly. Serves 8.—*Adeline Evans*

VEGETARIAN CHOPPED LIVER
(pictured on page 89)

1 cup diced onions
1 cup diced celery
¼ cup diced green pepper
Nyafat or margarine
1 can (4 oz.) mushrooms, drained
1 can (4 oz.) yellow string beans, drained
6 walnuts
4 hard boiled egg yolks

Sauté diced vegetables in nyafat o margarine until golden brown. Add mushrooms, string beans and walnuts; mix thoroughly, then grind. Grated

ıto all kinds of meat.



on Bits Hickory Smoke flavored or Garlic flavored.



KRAFT
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lks of eggs may be mixed in or used garnish on top.—*Sora Lee Goldberg*

CHALLAH
(pictured on page 89)

ackages dry yeast
ups warm water
ablespoons sugar
easpoons salt
cup salad oil
lightly beaten eggs, at room temperature
cups flour
gg, set aside for glaze
same seeds

ften yeast in water. Add rest of ingredients, except flour. Mix. Add 4 cups flour and mix well. Add more flour to ke workable dough. Knead until ooth and elastic. Turn into oiled bowl l cover. Let rise until doubled. Punch wn. Divide dough in half. Cut each f into 3 equal pieces. Roll each piece o a strip about 15 inches long. Place trips on greased baking sheet. Braid, tening strips securely at both ends. peat with second half of dough. Cov- let rise again until doubled. Brush to and sides with slightly beaten egg. rinkle with sesame seeds. Bake in 5°-350° oven for 30-40 minutes. kes 2 loaves.—*Mrs. Robert Temkin*

CHEESE BLINTZES
(pictured on page 92)

ves:
ggs
2 tablespoons salad oil
1 cup milk
¾ cup flour
½ teaspoon salt
Butter
Filling: ¼ lb. cream cheese
¼ lb. dry cottage cheese
2 egg yolks
2 tablespoons sugar
1 teaspoon vanilla extract

To prepare leaves:
Beat eggs, oil and milk together in a bowl. Add flour, salt and beat until very smooth. Chill batter for 30 minutes. Melt 1 teaspoon butter in 7-inch skillet. Pour 1 tablespoon of the batter into skillet, tipping the pan quickly so batter will cover the bottom. Fry until lightly browned on one side only. Turn out onto a clean towel. Stack the blintzes, browned side up, until all the batter is used. Add additional butter as required.

To prepare filling: Beat all filling ingredients until smooth. Place 1 tablespoon filling on each blintze. Turn two opposite sides in a little and then roll up. *(Can be frozen at this point.)* Fry blintzes until lightly browned on both sides.—*Marcia G. Shapiro*



SMOKED WHITEFISH SALAD

So simple and so delicious.

3 lb. smoked whitefish
1 cup chopped celery
1 cup chopped green pepper
Juice of 1 lemon
1 cup mayonnaise
1 jar (4 oz.) pimiento, drained and chopped

Skin, bone and flake fish. Add remaining ingredients, with pimiento carefully folded in last. Pack tightly into 5-cup fish mold, coated with additional mayonnaise. Unmold by running knife along edge and inverting. Smooth surface with a spatula. Garnish with olive slices and additional pimiento strips to resemble a fish.—*T'Mahry Axelrod* *(continued)*

COOKBOOKS WANTED

Does your group have a cookbook? A book that you've put together among yourselves, with recipes contributed by members? If you have such a book, or know of one in your community, we'd like to see a copy so that we can consider it for this series. Send to:

Ladies' Home Journal
Community Cookbook
641 Lexington Avenue
New York, New York 10022

JEWISH HERITAGE
continued

The following five cookies are pictured top left on page 92.

HUNGARIAN PASTRY SQUARES

¼ lb. margarine
½ cup sugar
2 egg yolks
1 teaspoon vanilla
1½ cups flour, sifted
½ teaspoon baking powder
Pinch of salt
Pinch baking soda
1 jar (12 oz.) raspberry preserves
Chopped nuts
2 egg whites, beaten

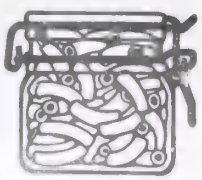
Preheat oven to 350°. Cream shortening and sugar. Add egg yolks, beat until light and fluffy. Add vanilla, then dry ingredients, well sifted. Pat into a 9x13-in. pan. Spread with preserves, sprinkle with nuts, spread beaten egg whites thinly. Sprinkle again with nuts. Bake at 350° for 25-30 minutes. Cut into 12–15 squares when cool.—*Beverly Chesler*

CHOCOLATE DROP COOKIES

Cookies:
½ cup margarine
1 cup brown sugar
1 egg
1 teaspoon vanilla
2 squares semisweet chocolate, melted
2 cups sifted all-purpose flour
½ teaspoon soda
¼ teaspoon salt
¾ cup sour cream
½ cup chopped walnuts

Mocha Frosting:
¼ cup margarine
2 tablespoons cocoa
2 teaspoons instant coffee
Dash of salt
3 cups confectioners' sugar
3 tablespoons milk
1½ teaspoons vanilla

To prepare cookies: Cream margarine and sugar until fluffy. Beat in egg and vanilla. Stir in chocolate. Sift together dry ingredients. Add to chocolate mixture, alternating with sour cream. Mix well. Stir in nuts, drop from teaspoon 2 inches apart on a greased cookie sheet. Bake at 350° for 10 minutes. Remove; cool and frost. Makes 4 dozen.
To prepare frosting: Cream margarine with cocoa, coffee and salt. Beat in confectioners' sugar alternately with milk and vanilla. Beat until smooth.—*Linda Ruda*



STRUDEL

Dough:
3 cups flour
½ cup softened butter or margarine
1 cup sour cream
Filling:
1 cup (12 oz.) apricot preserves
1⅓ cups (6 oz.) chopped nuts
1 cup shredded coconut

Cut butter into flour, add sour cream and form dough into ball. Refrigerate at least 4 hours or overnight. Divide dough into 4 parts and roll each part into a 12x7-in. rectangle on a floured surface. Spread with preserves, sprinkle with nuts and coconut and roll as for a jelly roll. Bake at 350° for 45-60 minutes on lightly greased cookie sheet. Makes 24–28 servings.—*Lil Schulman*

CHEESE HORNS

Dough:
¼ lb. butter or margarine
¼ lb. cream cheese
3 teaspoons sugar
1 egg yolk
2 cups flour
Filling:
Jam of your choice
Chopped nuts
Cinnamon and sugar
Milk

To prepare dough: Cream together butter, cheese, sugar and egg yolk, then add flour. Forms a soft ball. Chill overnight.

To prepare filling: Three hours before making, take dough out of refrigerator. Divide dough into 4 pieces. Roll out thin on a floured board into a circle, spread with jam, nuts, cinnamon and sugar. Cut into 8 pie wedges and roll from the wide side to the narrow. Place on a cookie sheet covered with foil, brush with milk and sprinkle with cinnamon and sugar on top. Bake in 350° oven for 20 minutes. If smaller horns are desired, cut into 16 pie-shaped wedges. Makes about 32 horns.—*Joan Wheeler*

TARALEEKOOS
(Sesame Cookies)

3 eggs
1 cup sugar
½ cup vegetable oil
1 teaspoon vanilla
3 cups flour
1 tablespoon baking powder
½ teaspoon salt
Sesame seeds

Beat eggs; add sugar, oil, vanilla and mix well. Add flour, baking powder and salt; mix first with large spoon then with hands until workable. Preheat oven to 350°. Roll out ¼ of dough into strip to thickness of finger; cut off pieces about 5 inches long, shape like donut and sprinkle with or press into sesame seeds. Repeat for remainder of dough. Bake on greased cookie sheet at 350° for 15-20 minutes. Makes 50–60.—*Sarah Cassorla*

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THIS MARRIAGE
continued from page 20

Maybe I picked that particular route
a subconscious hunch. At any rate, in t
parking lot, big as life, I saw Eve's c
I parked right beside it and waited
hour, overwhelmed with disappoi
ment, disillusionment and anger. Wh
Eve eventually showed up, I was in su
turmoil I could have killed her with
bare hands. I didn't give her the sat
faction of knowing it; I greeted her wi
a smile.

"Eve smiled, too. I calmly asked wh
she was doing there. Without an i
stant's hesitation, she produced a stri
of lies; she had been treating an eme
gency case in the motel—acute appen
citis—and described the symptoms
glib detail. When I suggested that t
two of us check the condition of t
patient with the motel desk clerk, s
said the patient was already in an am
bulance en route to the hospital. B
when I insisted I would drive her to t
hospital to sign in her patient she final
broke down and told the truth—or a pa
of it.

"Eve didn't tell me why she had go
to bed with a creep neither of us ca
abide. She said she didn't know wh
but that seems unlikely. She swore
was the only time she had stepped o
of line since the night she and I we
first together—that it would never ha
pen again. But why should I believ
her?

"I just can't take marriage with a
other Stella. How am I to know if Ev
has the slightest love or respect for m
How am I to know if she has any feelin
for the pain I have suffered at h
hands? Indeed, she has yet to tell m
she is sorry."

The counselor's turn

"In their argument over semantics
revolving around Eve's refusal to expre
regret and Steve's anger at her refusal
the two were actually arguing deep
hidden feelings," the counselor said. "A
a result, the bitter argument—deliber
ately waged on a 'cool' unexcited level
was confusing and frustrating to both
accomplishing nothing.

"Eve and Steve were concealing an
stifling their emotions—emotions com
mon to all of us—and futilely attemptin
to solve their problems by intellec
alone. In the parking lot they conducte
themselves like strangers—Steve swal
lowed his rage and hurt; put on a calm
counterfeit face, asking sensible, logica
questions; and Eve crushed her inne
feelings of guilt and remorse, telling hin
a string of lies.

"Imagining they were guided by in
telligence, Eve and Steve worsened th
situation. But if Steve had followed hi
instincts and socked Eve in the jaw a
he longed to do; if she had screame

roaches at him for neglecting her, y might have learned some of the h. There was no mystery in Eve's un- yable fidelity; she was avenging her- on Steve for rejecting her.

In early childhood, Eve acquired t might be called the 'ugly duckling drome.' Her pretty mother easily vinced Eve, handicapped by an un- tly birthmark, that she was physical- epulsive. To compensate for the so- ed 'ugliness'—although to my eyes was as attractive as the average ng woman—she became fiercely com- tive as a small girl. Cheered on by ather who allied himself with her, sibly to even the score with a wan- ing wife, Eve was determined to suc- d with brains and wit.

She married Steve, who possessed a ply entrenched contempt for wom- He used his considerable sexual eal to establish relationships with men on his own terms. Thus he got n Eve a pre-marital agreement that ht accurately be described as one- ed. Under the conditions of this un- istic agreement, Steve was free to y around while Eve was bound to petual fidelity.

Conflict between them was inevit- e, and after counseling, Eve and ve saw this. Steve acknowledged his airness and made amends. Today h are free to find other sex partners, neither cares to do so.

Through counseling, they compro- ed the troubling question of seman- . Eve *was* sorry for her behavior, but had persuaded herself that any apol- was a hypocritical lie—the kind on ich her mother had thrived. What she n't realized was that there are times en people are truly sorry. Once she ognized this, Eve could see that there no humiliation in honest regret—it not make her resemble her detested ther. In fact, she finally saw that her usal to apologize only made her seem stinate and stupid.

Eve and Steve had never engaged in houting, knock-down, drag-out fight. ey just didn't quarrel, said Eve. Quar- ing was childish, said Steve. Obvious- they regarded their forbearance as a rital asset. They were mistaken. In good marriage, husbands and wives ed to quarrel, to ventilate their anger l their differences—it's how they be- me acquainted with one another and e another's feelings.

In group counseling, Eve and Steve re taught how to break out of the son of intellectuality and to expose ir true feelings to each other. In rt, they began to learn how to fight d speak honestly and directly, and y both agree that they have profited the knowledge. In fact, Eve recently d me that she and Steve now have a ely, anger ventilating quarrel at least ce a week." **End**

You can take this sausage and make a good dinner for two.



Or a great dinner for six.

Smoked Sausage with Rice.

4 cups hot cooked rice
12 ounces smoked country-style link sausage
1 large onion, sliced
1 large green pepper, cut in 1-inch pieces
1 cup diagonally sliced celery, cut in 1-inch pieces
1 can (14½ ounces) tomatoes, quartered
1 cup beef broth
1 can (8 ounces) sliced pineapple (in unsweetened pineapple juice)
¼ teaspoon each garlic powder and pepper
1 tablespoon brown sugar
2 tablespoons cornstarch

While rice is cooking, cover and cook sausage in ½ cup water about 5 minutes. Remove from water and cut in thin slices. Combine sausage, onion, green pepper, and celery in a large skillet. Cook until vegetables are tender crisp. Add tomatoes, broth, pineapple (drain, cube, and reserve juice), and seasonings. Cover and simmer 5 minutes. Blend cornstarch with pineapple juice. Pour into meat-vegetable mixture. Cook, stirring, until clear and thickened—about 2 minutes. Serve over beds of fluffy rice. Makes 6 servings.

For other menu-stretching recipes, write to:
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RICE.
A great eating idea whose time has come.



Thread needle with 3 ft. string and push through lower carcass.



Come back over leg, through breastbone tip, over other leg. Cut and tie.



Push needle through where leg and thigh join; out through other side.



Fold wings akimbo, turn chicken on breast.



Thread through one wing, catch neck skin, out through other wing tip. Tie.

PERFECT CHICKEN

continued from page 85

MARYLAND FRIED CHICKEN

To prepare cream gravy: Pour off all but ¼ cup of frying oil. Stir in 2 tablespoons flour and 1 teaspoon salt. Cook for 1 minute. Remove from heat; add 1 cup each milk and heavy cream slowly, stirring constantly. Return to heat and cook, stirring, until gravy comes to a boil and thickens. Add 1½ teaspoons lemon juice. Simmer 2-3 minutes before serving gravy with chicken. Makes about 2 cups.

Chicken nutrition

No meat is lower in fat content than chicken, which means it is kind to calorie counters. A 3-oz. portion of skinless broiler breast has only 115 calories (185 with the skin on), compared to 310 calories in an equivalent size serving of roast pork. The same amount of market-ground hamburger has 245 calories and other meats have even higher counts.

No meat exceeds chicken in protein content. Chicken provides 57.4 grams of protein per pound. Chicken contains no carbohydrate or ascorbic acid, and is low in iron (except for chicken liver), riboflavin and thiamine.

Chicken storage

Like all meats, chicken should be refrigerated as soon as possible. The approximate high-quality storage life of cut-up or whole chicken in a refrigerator is 1 or 2 days. Giblets are quite perishable and should be cooked within 12 hours and used within 2 days. The supermarket tray pack is acceptable for short-term storage; for long-term, loosen or remove any transparent film packaging from chicken, cover it loosely, and store in the coldest, non-freezing part of the refrigerator. Multiple bagged chickens or parts should be rinsed, separated into the portions desired and repacked in clean bags or other packaging material. Some circulation of air is recommended for fresh chicken stored in a home refrigerator, because slight drying of the surface of the uncooked meat slows bacterial growth.

Chicken aroma and dark color

Although not common, packaged chicken sometimes has an aroma when opened. This is due to oxidation and is considered normal. If a few minutes after opening a strong aroma lingers, the product should be returned to the store.

Because broiler-fryer chickens are harvested at a young age (7 to 9 weeks), their bones are not completely calcified, resulting in a seepage of pigments from the bone marrow to the surface of the bone. During a slow freezing process, such as in a home freezer, the bone marrow expands and darkens the rather porous leg bone. Fast freezing in a processing plant minimizes the problem.

OUT OF THE VEIL

continued from page 71

Angelo or a Bach. You've never eve produced a great cook."

If he felt this way, why was the Shah financed Women's Organization bring ing me—who is sometimes blamed fo starting "women's lib"—to Iran? I im mediately asked the Secretary Genera of the Women's Organization, Mahna Afkhami, for a personal interview wit the Shah. I was told that was impossi ble, but that Helvi Sipila, Germain Greer and I would have an audienc with the Empress.

My first few days in Teheran wer strictly caviar and jet lag and a sens of being strangely at home. Teheran, a Middle Eastern city, seems like an Amer ican Western boom town—buildings go ing up overnight, international bank next to Persian wimpy stands, and no beggars. We were all put up at the Teh eran Hilton, where I found real Iranian caviar on the menu. On the streets, wom en still wear the *chodor:* old women middle-aged women in high heels, young women with blue jeans or slacks showing beneath the veil. And despite the heat of the city, there were no bare legs Even little girls without the *chodor* had kerchiefs covering their hair, long-sleeved blouses and stockings. Soon I, too, wore dresses instead of slacks during the day, and at night I wore stockings and shoes instead of bare legs and sandals. That sense of shame about exposing any inch of woman's bare skin to the public eye comes from the equivalent of the veil in the Puritanical West. We are not so long out of it ourselves if we can slide so easily, uneasily, back

RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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o it! What woman is completely free m the residue, the scars, of that men- or physical veil?

The Empress, Her Imperial Majesty rah Diba, grew up without the veil. r mother was very enlightened and en let her take swimming lessons in e pool with boys. Later, before Farah ba married the Shah, her mother en- uraged her to go to Paris to study chitecture at the École des Beaux Arts.

The Empress received us at the Pal- e at 10:30 A.M. When she came in, all stood up. Helvi, schooled in U.N. otocol, curtsied. Germaine, a tall ughter of the British Empire, folded a haughty bit. I shook hands and ve her Imperial Majesty the new edi- n of *The Feminine Mystique*. "I read originally in French in paperback," e told me. "I agreed with it all."

Farah Diba is very beautiful: sculp- red cheekbones, hair flowing to her oulders, looking as if Kenneth had st done it. Her eye makeup is very btle. It is said that the Shah divorced e previous Empress, Soraya, because e did not bear him a son. The Empress rah has two sons and two daughters.

r Majesty was scheduled to give us formal, ten-minute greeting, but she pt us for an hour and a half. The sit- tion of being a woman is experienced th a new consciousness these days— en by the Empress of Iran.

"I do not have time to be myself," she said. "I have three palaces to look after: the decor, the menus, the entertaining. I personally supervise the children's education. I must accompany the Shah on all occasions in public. It takes so much time; the clothes, the hair, the makeup. Then there are the projects I have initiated for the nation and the organizations I personally give leadership to—the film festival, the arts festival, the libraries and youth centers, the planning and development, and architecture, which is my special interest. But how can I keep up with my own field? There's been a whole new generation of architects since I left school!"

Beauty not enough

And she told me, with a certain intensity: "When you are young, you think it is enough just to be beautiful, that it will take care of everything. But it is not enough to be beautiful, and you cannot depend on it. It does not last. A man may find someone younger, more beautiful—a woman is not expected to do that, she may not even want to. She must have something of her own in herself.

"My mother told me, 'It is up to you! Are you simply going to be a face, a decoration, a clotheshorse, a picture-book Empress? Are you going to rest in history as just another wife of a Shah and mother of a prince? Or are you going to do something as a person yourself, take on responsibilities, challenges that will make you discover what you are capable of, and make an image of a new kind of woman in Iran?' "

Because of her training and interest in architecture, Empress Farah now sits on the National Planning Council—and she is not a token royal figurehead. She actively participates in and directs the planning council, instigates and oversees the arts and film festivals with which Iran is attracting international attention. She is a "working empress," not afraid now to act on her own ideas, or to innovate—though in the meetings with members of the Cabinet and the Prime Minister which her activities require, she may still veil her power in the manner that is customary to women the world over when the only power they possessed was wielded vicariously, through men.

"I don't know whether it's being a woman, but often I find I have to put the words in some man's mouth and never let him know that I had long before thought of and planned the thing he is suggesting," said Farah Diba. "I knew something different was beginning to happen when I heard that a very important official was trying to get a proposal of his own off the ground by saying 'the Empress wants it.' "

I asked the Empress how *(continued)*



she had felt about the Shah's assertion, as quoted by Oriana Fallaci, that "no woman could ever influence him"—that women "have not produced anything great, nothing," and are not "capable of governing."

Empress Farah shrugged. "Well, I said to the Shah, 'What am I doing here then?' He said he was teasing Oriana. Of course, he did not mean it, he could not mean it. After all, it is he who insisted that women must have the vote, and that girls must go to school equally with boys. A man may be put in jail in Iran now if he refuses to send his daughter to school. The Shah has changed the whole royal tradition so that if he should die before our son reaches maturity, I will rule as Regent. For the first time in our history, he had me crowned Empress in my own right at Persepolis. I have to think it was not just a gesture to be modern, but that he does respect me as a person in my own right."

And she spoke of the women's liberation movement as "we." When she shook my hand goodbye, I said to her: "I have never met an Empress before. It is a pleasure to meet an Empress who is also a feminist."

That afternoon, Helvi, Germaine and I held a panel discussion at the Imperial Social Services Organization, and answered questions of the Iranian press and public officials. It looked at first as if only women had come, but then I saw some men, sitting alone, way back where they would not be recognized.

Beware of tokenism

I said that the essence of the whole women's movement in the U.S.—and the meaning of women coming out of the veil in Iran—was the assumption of our full personhood in human society. I warned them to beware of tokenism—and also pseudo-radical rhetoric and co-option by any political faction (including, although I didn't say so in so many words, the Shah of Shahs.) They should concentrate on action and education that will break through the real economic barriers to equality—and understand that women could not progress, in Iran or in America, in isolation from the rest of society. And could women's problems in Iran be solved if political oppression or economic corruption kept the great majority of the people of Iran—men and women—still in poverty, still illiterate, and if those astronomical oil profits weren't used to raise the standard of living of all the people? Were women being used in Iran as mere window-dressing of modernization and progress for a despotic regime—or was our very presence here a symbol of a new force in history, bridging past and future in a manner unprecedented and incomprehensible in the political terms of the past?

We spent the next days sightseeing. In the vast excavation of Persepolis, among all the monuments to Persia's ancient glory, I couldn't find one carving showing women. The great statues are all of bulls, lions, two-headed winged stallions and warring men. Even the servants walking behind, fanning their kings or swatting off flies, were *men*. Behind the great palace were the ruins of the harem where the women were confined. The individual rooms seemed barely large enough to accommodate a bed. One could also see the remains of the underground passage discreetly connecting the harem to the main palace.

In Shiraz, I visited the beautiful Persian gardens (created by men) that are now shrines to Iran's most famous poets. I read some of their moony love poems. They evoke a melancholy yearning for an image of women these male poets could never have known in real life because women, secluded behind the veil, were barred from men's life, barred from the very mastery of letters, numbers and words that make poetry possible. Men wrote these poems to dream objects created out of their lonely yearnings. A man had to fall in love from a glance of an eye—it was all he could see through the veil.

A tea garden was turned over to a group of women for a luncheon in our honor. The woman next to me told me that years before, her mother had come home one day to find that her husband had divorced her simply by signing a piece of paper. He brought home another wife. There was nothing her mother could say about it. But under Persian law a man can't control his wife's property (as he still can in some states in our country until we get the Equal Rights Amendment). So the divorced mother took over the orange groves that belonged to her and began running them herself. The woman who told me this story works in a governme office and, although she is married, kee her own name—as do all the professior women I met—without the fuss we' had to make to be "Ms." in Americ It's an Iranian *tradition*. And it remai her legal name through life.

Back in Teheran, I lunched with ha a dozen Iranian psychologists; care women, married and mothers all. I ask them about the attitude toward sex Iran. I had noticed how seldom sex w discussed, even in sophisticated circl

The psychologists told me that in t villages "women accept sex as a subm sion to the man. There is little forepl and no question at all of giving plea ure. In the towns, among the midd classes, the women are brought u to believe that sex is dirty and ba —in an effort to keep them from pr marital sex." There is a form of pla tic surgery that is becoming increasing popular in Iran, I was told. The surge constructs an artificial hymen for t wedding night—for women who are n longer virgins. But the considered fee ing of the psychologists was that Irania women have had to inhibit their sexua ity for so long that most are frigid.

Sex "service of man"

The psychologists also told me that wife would never admit to her husban that she didn't enjoy sex, nor would sh refuse him; she would be afraid of losin him. Sex is still considered as "servic of the man." A recent Iranian study r vealed a poignant side effect: men a becoming increasingly frustrated b cause their wives can't or don't "expre love" to them. The study showed th men have seen American movies on T in which the wife says, "I love you Now the Iranian male, who can expre his feelings much more freely than th women, want their wives to say, "I lov you." But an Iranian woman has to kee her feelings inside—a psychological co sequence of that veil which *(continue*



"Better give Daddy soup for his supper. While he was asleep I took his tonsils out."


The longer you smoke, the more you'll like KOOL Super Longs.
Lady be cool. Long-size cigarettes can taste extra hot. But KOOL Super Longs, with the taste of extra coolness, are refreshing for all their length.
Come up to KOOL.
KOOL
Super Longs
MILD MENTHOL FILTERS
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
g. Tar, 1.3 mg. nicotine, av. per cigarette, FTC Report Oct. '74.

says woman must not show herself; must not show what she likes or doesn't like.

Since the Shah's "White Revolution" in 1963, which gave women, like men, the right to divorce, Iran's divorce rate has been climbing. Before, a man could divorce a wife or simply bring another wife home without even telling the wife ahead of time. Now he must go to court for a divorce, or he must have his first wife's consent to take a second wife.

The high divorce rate is blamed on women's rights; more women are financially independent now and can support themselves. Before, divorce was looked upon as a social and economic disaster for a woman, disgracing her whole family. All her male relatives—brothers, father, uncles, cousins, grandfathers—would keep her from divorcing. Today it is a lot different, and family interference is far less. The psychologists told me that Iran's divorce rate is the fourth highest in the world, and that one out of five marriages ends in divorce. The Empress has decided that the situation calls for family counselors and has begun a training program for them.

One of the psychologists, who was educated in America, made this startling comparison between Iranian and American women: "American women are more marriage- than achievement-oriented because marriage is more useful to American women. It gives them security. Marriage doesn't give that much security to Iranian women. An Iranian woman doesn't inherit that much from her husband or her father—though what she does inherit is more clearly her own to control than in your country. It's a catastrophe here if a woman doesn't have anything herself. So the incentive here for a woman to strive for her own identity is stronger than it is in America. Besides, finding a husband here is not so hard; many people work to find a woman a husband. He is simply brought to her. In my country, women are more motivated to become professionals. When I studied in the States, I was shocked at the willingness of women to be treated as sexual objects, to be only housewives in the home."

Betty keeps a promise

Near the end of my stay, I kept my promise to Iranian students in America who wanted me to look into the imprisonment and rumored torture of a young woman sociologist. I made inquiries, and it turned out that the woman was a cousin of one of my hostesses. I could not find out if the sociologist was tortured, but they said she was indeed dedicated to the overthrow of the Shah, as I suspected were a great many of the younger intellectuals I met; men and women who had recently come back from exile as Communists in Paris or San Francisco. They were now working in government or university programs to make what impact they could on the massive, explosive development of their country. Those intellectuals were cynical and they spoke in innuendos, as if everything they said was being bugged. ("Well, it's a free country, isn't it?" they would joke). But something was happening in Iran that went beyond the political revolutionary line that they had grown up with, and they wanted to be a part of it. The sheer wealth of the nation and the commitment to its distribution among the people that the Shah had to make to bring back these exiles whose expertise he needed, the necessity to educate great numbers of people to create the "Great Civilization" that the Shah wanted, would, the young people hoped, result in a democracy that they knew did not exist now.

Finally, suddenly, I am told to be at the Palace on Sunday, at noon, to talk to the Shah. I entered the Palace gates, passed by guards, a Persian garden with blue-tiled pools and a teenager's white jeep with the usual hippie flowers and peace symbols (the Crown Prince?). I walked over black marble floors, jewel-like carpets, into a hall of mosaic mirrors covering walls and ceilings, refracting the sunlight in diamond-like rays.

The Shah was standing by a desk. A man of my own age, tall, intense, with an interesting, intelligent face emanating that power one knows is so enormous that arrogance does not seem an appropriate word. At that moment, the world was just beginning to rock from the reverberations of his organization of oil-producing Arab states to double the price of oil; his negotiations to buy German munitions, American aerospace industries and French nuclear weapons.

Said the Shah of Shahs: "We can do without conquering other countries. We can rebuild the glory of our past in other ways: ways of the spirit, practical ways. From 1975 on, in a world which is falling apart, it could be constructive to build a society of social justice, adapting modernization to our own tradition and yet emerging in the forefront of the advanced nations of the world."

Nature belongs to society

The Shah spoke of using the treasure under his earth to create the "Great Civilization"—a little like the "New Frontier" and "Great Society" of our Kennedy-Johnson eras. "What is created by nature should belong to society, not to individuals. What is under the ground—the big sources of wealth—oil, gas, iron, copper—cannot belong to individuals but to the government. In many cases we go further than the so-called socialist countries; in other cases we will encourage private enterprise, but they must share 49 percent with the workers and 20 percent of net profit.

"No one in the world has done more for women than I have myself. When I created the White Revolution, women were still in the category of criminal, the

Journal Shopping Center

VEGETABLES: A Growing Way to Decorate

PAGE 72: (large picture) Oval casseroles in lettuce green enamel on cast iron, from the "Mama" cookware line by Le Creuset, are available in 2, 3½, 5¼ and 7¼ quart sizes, at $25, $33, $40 and $50. The framed needlepoint of vegetables is a one-of-a-kind piece, not available in stamped canvas or kit form. (small picture) Stacking china mugs in assorted vegetable patterns, $2 ea., by National Silver Co. "Garden Salad" foam-backed, vinyl place mats and matching cotton napkins, $13 a set of 4 of each, by Vera. Glazed pottery centerpiece of ■ plate of vegetables by Carbone, $67.50 on special order from Mayhew, 509 Park Ave., N.Y.C. 10022.

PAGE 73: "Salad" pattern fabric by Strömma of Sweden, ■ 47" wide cotton, $9 yd.—also available vinyl coated, 58" wide at $12 yd.—from Fabrications, 246 E. 58th St., N.Y.C. 10022 (mail order, 1 yd. minimum plus .75 postage). Large white ceramic tomato and artichoke, with green stems, by Sigma Marketing Systems, $75 ea., on special order from Far Corners, 531 Lake Ave., St. James, N. Y. 11780 (add 10% for postage on mail orders). Tomato red enamel on cast iron casseroles by Copco, in 1½, 2½, 5 and 7 quart sizes, at $19, $27.50, $35 and $44. Pumpkin hassock, custom covered in red vinyl to resemble a huge tomato, available in standard coverings of green, gold or orange suede cloth, or an oatmeal texture, $52, by Babcock Phillips. Glazed pottery centerpiece of tomatoes, eggplant and peppers by Carbone, $85 on special order from Mayhew, 509 Park Ave., N.Y.C. 10022. Lacquered rooster container, woven of wicker in China, $250, from Country Floors, 300 E. 61st St., N.Y.C. 10021. "Greengrocer Special," 16" x 15" screen printed canvas totes, $9 plus $1 postage, from the FBS Catalog, 659 Main St., New Rochelle, N.Y. 10801 (or send $1, which can be applied to your first order, to this address for the FBS Catalog).

PAGE 74 (bottom left) Fabric, #12885/15, 39" wide cotton, from Boussac of France,* 979 Third Ave., N.Y.C. 10022. "Vegetable Polka Dot" plates, $21 a set of four (each a different pattern—carrots, pea pods, tomatoes and corn); 1½ qt. casserole, $14, and ■ ceramic box with vegetables on the lid, $76, all by Sigma Marketing Systems, on special order from Far Corners, 531 Lake Ave., St. James, N. Y. 11780 (add 10% for postage on mail orders).

PAGE 75: "Sweet Pea" wallcovering; ■ handscreen print from Carleton V,* 979 Third Ave., N.Y.C. 10022. Pink and white check, #1394/31, 39" wide cotton from Boussac of France,* 979 Third Ave., N.Y.C. 10022. Celery pitcher, $29, and Peapod canister, $37, by Sigma Marketing, may be ordered from Far Corners, 531 Lake Ave., St. James, N. Y. 11780 (add 10% for postage on mail orders). Large cabbage tureen with tray and ladle, $75, and pottery centerpiece—a basket filled with cabbages and cauliflower—$150, by Carbone, may be ordered from Mayhew, 509 Park Ave., N.Y.C. 10022. Ginori "Sweet Pea" china, $39.95 ■ 5-pc. place setting; cream soups and servers, $19 ea., and a glazed pottery basket, filled with vegetables and tied with ■ yellow ribbon, $78, from Ginori Fifth Ave., 711 Fifth Ave., N.Y.C. 10022. "Honey" pattern dessert spoon and fork in stainless nickel bronze, $28 a 5 pc. place setting by Milnor Division of Denby, Ltd. Green majolica plates were found in ■ thrift shop.

*through decorators only.

FASHION: Sports Journal

PAGE 78: HAYMAKER SPORTS, INC. acrylic and nylon sleeveless sweater dress $26, matching cardigan sweater $20. At Tennis Lady, New York, White Plains, Atlanta, Cleveland, Chicago and San Francisco; Carol Reed, Conway, N.H.; Royal Racquet, New Orleans; 40 Love Tennis Shoppe, Memphis, Jackson and Greenville, MS., Matairie, LA., Little Rock, Ar., Valley View and Northpark Center, Dallas, Texas; Tennis Friend Clayton, Mo.; Grosse Pointe Ski and Tennis Hut, Grosse Pointe Woods, MI.; The Valley High Tennis Shop, Pasadena, Ca. ACCESSORIES: Bonnie Doon Socks, Chemold tennis shoes. SPORTING EQUIPMENT: John Newcombe tennis racquet by Rawlings.

PAGE 79: WRANGLER SPORTSWEAR red and white striped, short coverall of polyester and cotton $8. Scoop necked Enkalure T-shirt $7. Available at Drobbins, Locust Valley, N.Y.; Hudson-Belk (Crab Tree Valley Mall) N.C.; Spalding & Sons, Bardstown, Ky.; Carson Pirie Scott, Chicago; J. A. West Co.; Hope, Ar.; Emporium, San Francisco. ACCESSORIES: Bernard Kayman sunglasses, Glentex paisley scarf, Pro-Ked exercise shoes, socks by Bonnie Doon, and Bulova Accutron watch. SPORTING EQUIPMENT: 10 speed racing Bike by AMF.

PAGE 80: DANSKIN A-line golf skirt with adjustable waistband $18.50. Color coordinated stretchable leotard with white stitching around neck and armholes $12.50. Both in cotton and polyester. Available at Lord & Taylor, all stores; H. & S. Pogue, Cincinnati and branches; J. L. Hudson, Detroit; Burdine's, Miami; Bullock's, Ca. ACCESSORIES: Hat by Catherine Stein, Bulova watch, Keds Royal Daisy golf shoes, Bonnie Doon socks. SPORTING EQUIPMENT: Golf club and glove by Spalding.

PAGE 81: MONIKA for ELON nylon and lycra blue tank suit with red and write striped inserts $28. Available at Abraham & Straus, all stores; Woodward & Lothrop, Washington, D.C.; Kaufmann's, Pittsburgh; Harzfeld's, Kansas City, Mo.; Sakowitz, Houston, Tx., Scottsdale, Az.; Bullock's-Wilshire, Los Angeles. SPORTING EQUIPMENT: Scuba diving and snorkeling equipment and diver's watch by AMF.

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lon, the insane. They did not have the ght to vote. They have been given that ght. And we have a law that if parents event children, especially girls, from ing to school, they can go to jail. Low- schools are free, and soon they will free all the way up to the university el, with the only stipulation that idents return this free education by rvice to society. Women have equal hts now in Iran."

He spoke of the three Corps: the Lit- ary, Health and Development Corps, which women must serve 18 months, st as men must serve in the armed rvices. The reason: "Back in the uni- rsity the boys complained that the ls were always two years in front of em.

"If we give women education and portunities for jobs, they will stop earing the veil. The veil is important. was symbolic of the influence of the actionary element in our people. The ea that it kept the women immaculate ridiculous. God knows what is happen- g under the veil."

But what then of the Shah's quoted tements mocking the very idea of real uality of women with men? He said: don't think it's possible anywhere in e world now unless women marry ter the age of 28. But for the future, am starting the Open University ere the women can continue their ucation with television—80,000 wom- are doing that now, even with chil- en at home. Women are represented every sphere of our national life now: edicine, even the armed forces—op- ating radar stations—and there are ousands of girls in the police."

Influenced by no one

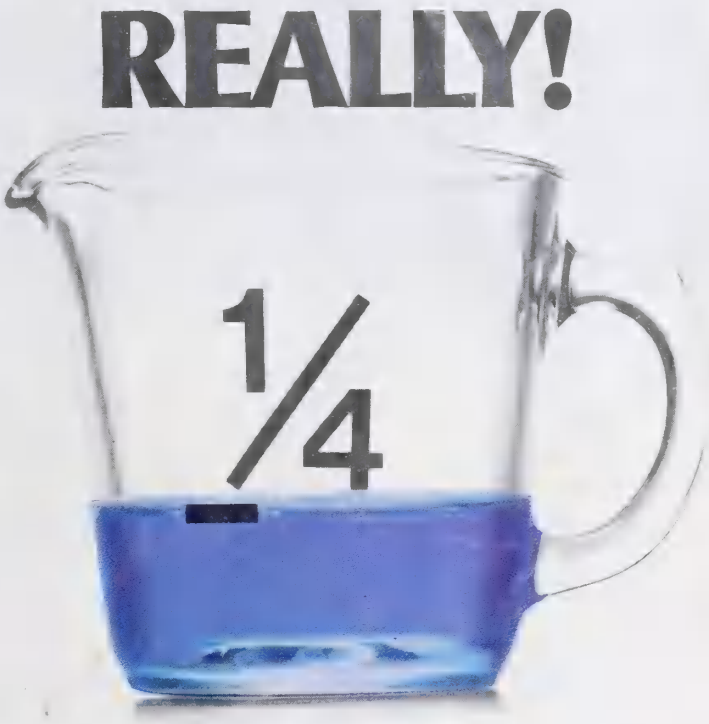
What of that statement that he has ver been, nor could be, "influenced by woman"? Said the Shah of Shahs: "I ve never been influenced by a *man*. is simply a matter of being imperial. annot be influenced by anyone, wom- or man. Let us complete this matter equality in education and opportun- , and then we will see what women e capable of. It is up to them. We ve not seen great accomplishments of omen in the past—yes, as I said, not en great cooks—because of lack of portunity."

The Shah does not dismiss my ques- n of his suppression of dissent, and of e political prisoners in Iran. "I won't my country be exposed to danger," answers. "In every single one of those ses, it has been a Communist, bent on assassination or overthrow. When is country has so many bright pros- cts, why should we allow this danger? please whom? Has anyone told you out the Islamic-Marxists who are try- g to put women back into the veil? ey tell the young women to wear the il, they beat up a university student, a boy who has perhaps studied in the West, for talking to a girl like an ordinary human being. That is playing to the worst prejudices, the archaic rottenness we should be ashamed of."

It is also a part of his "Great Civilization" to make birth control, family planning and abortion safely available to women. His decree last year, making abortion legal "if the doctor takes the responsibility for the health of the woman," did not stir up any great reaction, even from the priests.

The Shah insists that he was misquoted as being "opposed to equality for women," but if I mean "opposed to women's lib," he said, "that's something else. What I am against is a certain exaggeration. It's true that we are forcing equality here in this country; giving the women, the girls, rights before they even thought of it themselves. They didn't even have to struggle for it here. But let us not exaggerate. Sexual matters will take their own course. Can a dedicated professional woman also be a devoted wife? We shall see. Shall a woman take the same sexual freedoms men enjoy? This is not something we have to think about now. Now we must think only of the economic and educational opportunities and the legislation needed so that women can participate with all the rest, in the present and future of this country. Then the other things will take care of themselves. Who can say what women will do with it?"

And why, I asked, *(continued)*



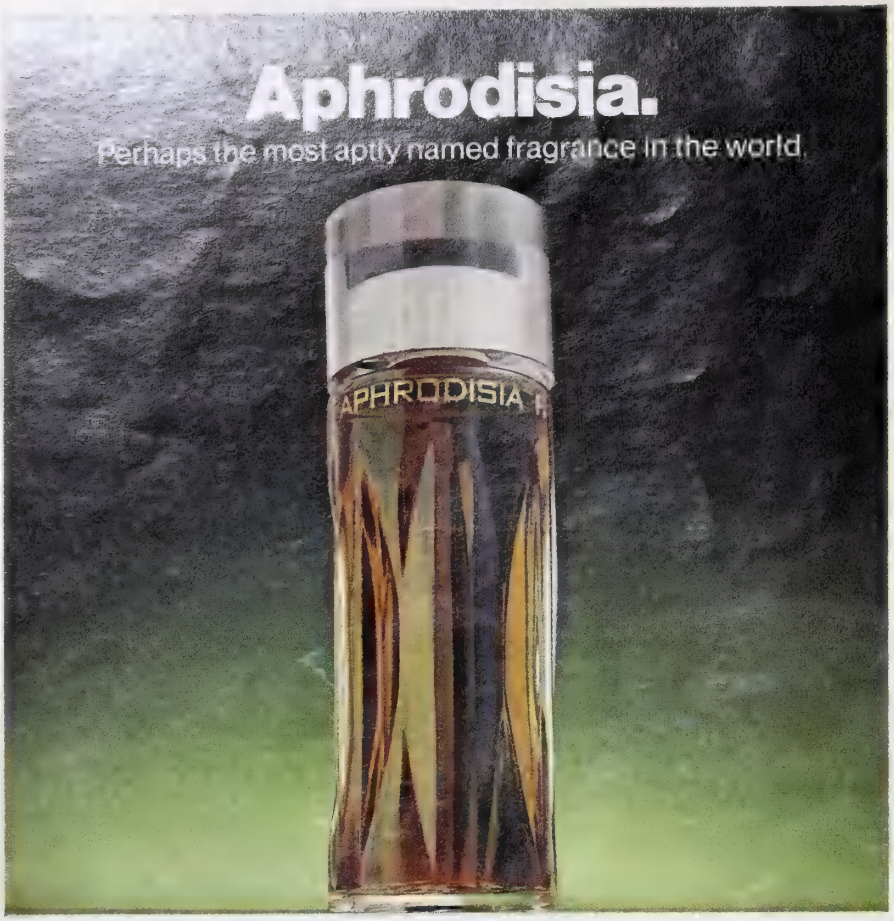
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OUT OF THE VEIL

continued

was the Shah championing the cause of women?

"Because I am progressive," he said. "I always intend to be two steps in front of events, never just walking along with events—not to mention walking behind. In a few years, I can see the women of Iran in whatever intelligent and right place the women of the advanced countries will be. In a few years, I hope the women of Iran will be just like you."

I spent my last day in Iran at one of the Women's Centers in Teheran's industrial section. The children, whose mothers leave them here from 8 A.M. until 4 P.M. while they work, are watching a Persian *Sesame Street* on TV, working with clay, blocks or an abacus, as in any good nursery school anywhere. In another room women are having their IUD's checked; in others they are working at typewriters or taking a functional literacy class. Another group of women is doing embroidery; others are being instructed as beauticians.

I asked my friend Mahnaz, "Why train so many women just to work in beauty parlors and at embroidery, if Iran is really heading into the nuclear age?" She says there is so much prejudice to contend with in just getting women out of the home, that it is "less threatening to start with traditional things." The Women's Organization of Iran is not exactly NOW. It doesn't have to fight for anything; the Shah gives it funds beyond our wildest dreams—a treasury of $50-million, a paid staff of 1,300, with 70 centers serving women and providing day care for children. These centers take the place of "support women got from the extended family," says Dr. Simin Redjali, in charge of training Iran's childcare workers.

Some of the women at the Center are wearing *chodors* over slacks and skirts. When I asked why they wear the veil, they laughed and mockingly put the veil completely over their faces. One woman explained: "We wear the veil because our husbands insist."

They put the *chodor* on me, showing me how they tie it around the neck or waist to get work done—and how to peer around it to flirt. It is also useful, they told me, when you want to go out in a hurry without getting all dressed up. The way they played with the veil, I knew it was not going to stop them now.

I looked at myself, draped in the *chodor*, in the Women's Center in Iran, and realized that that piece of cloth is easier to throw aside than those invisible veils trapping our spirits in the West. My sisters in Iran laughed at me in their *chodor*, and I realized how far we *all* have come out of the veil. **End**

THE FROZEN SEA

continued from page 69

good as they were and that I felt as strong as I did.

"Adrenalin," I thought to myself with a touch of self-irony. I knew I was feeling an unreasonable anger.

Ever since that day in the hospital when they told me the baby had died, I had felt more anger than grief. It puzzled me. Two years earlier when I had miscarried in the third month, I had cried a million tears.

"It's your way of handling your grief," my doctor told me, explaining the workings of the world and of my soul as well as the workings of my body. "Anger deadens the pain."

I was not convinced it was a good way to handle my grief, but there seemed nothing I could do about it. I felt no anger toward anyone in particular. It was an a-personal anger, though persons triggered it—women in supermarkets who screamed at their children, women in newspaper articles who had beaten their children, women who had abandoned their children, women who aborted—but other women too: women who laughed as they pushed their children higher and higher in park swings, women like Mary O'Leary who did nothing more than bring their little boys to the tennis courts with them.

"Do you really want a world of invisible children?" my sanity asked.

"Just until I heal a little more," all my wounds cried.

The doctor said I should think about starting another baby soon. Paul said we should think about starting another baby soon. When I thought about another baby, I was seized by terror. Nine months of waiting, not with joy but with anxious dread. *I'm afraid.* In my dark Paul reached for me. I pulled away. "Give me time," I whispered.

"Paul has suffered, too," the doctor said, gently but insistently.

"I know that," I cried angrily. "Do you think I want to bring him more suffering?"

"There's little chance it will happen again, Sarah. Life is a willingness to take risks."

"Give me time, give me time," I pleaded.

We finished warming up and started the first set. Mary and I took the game. We were switching courts on the odd games, and as I walked past the bench, I forced myself to look at Wink. He didn't glance up. He was walking the animals two by two up the gangplank into the ark, oblivious to the rest of the world. It was like that each time I passed him until finally I noticed he had abandoned the ark and was lying on his stomach with his lunchbox open in front of him.

"What are you having for lunch?" I asked him.

"It's not lunch," he said. "It's my quick energy."

"You're lucky," I said.

I don't know how I said it, but somehow it must have come out with more intensity than I had intended. Wink must have detected the desperation behind my words. Just as we were starting the second set he came running over to me as I was getting ready to serve and stood before me, feet outspread, eyes questioning.

Mary, who was standing by the net, called out to him. "Oh, Wink, you promised you wouldn't come on the courts while we were playing."

"But my lady needs her quick energy," he said, holding out his closed fist to me, then opening it to reveal four raisins on a dusty palm. I took them, ate them and thanked him. Something in me knew it was a magnificent gift, but it was as if it had been given to someone else, as if I were an onlooker evaluating but not experiencing. I felt no gratitude, no warmth, no love, nothing at all. There was a wall of glass between us.

I was relieved that Mary and Wink didn't come over to Molly's house after the tennis. It was so peaceful to lean back in Molly's deck chair, glass in hand, filled with a refreshing cold drink, and listen to Molly's cheery monologue.

Finally, however, I got up and said I had to go see about what to have for dinner. Molly kissed me as I was getting into the car. It's not a thing Molly does.

"Thank you," I said.

"I love you, Sarah," Molly said, quite simply, with none of her usual self-mockery. I saw there were tears in her eyes.

"Thank you again," I said. "Thanks for the tennis. See you Thursday." And drove away quickly because I felt this terrible anger toward Molly's tears, as if they accused me of something.

It was hard to go home, just as it had been hard to leave home. It was hard to walk past the room that was to have been the baby's. While I was still in the hospital, the doctor had told me Paul had asked him what to do about the room. I know why the doctor told me that. He wanted me to think about somebody besides myself. He told me he had convinced Paul it was best to leave the room as we had prepared it, crib and all. Just close the door.

"It's best to be ready for life when it comes," the doctor said, sitting down on the end of my bed.

I didn't say anything at all.

"I imagine you'd like the homely philosopher to shut up," he laughed. "Sarah, in my profession, one comes to believe in life. It keeps coming on, sometimes so fast I scarcely get there in time to say welcome."

"You make it sound awfully abstract," I said, noting a dangerous tremor in my voice, remembering the wonder of that first moment I had noticed the quickening within me. It hadn't been life that I had felt. It had been my baby.

"Abstract? No, life is always personal," he said. "But that is a very different thing than thinking that you own it."

It was hard to go home, but I went home, and I walked past the room, and I took a shower, and put on a cotton caftan and went out in the kitchen to start dinner. Paul would be home soon, searching my face as he did every day for signs that I had somehow, since he had last seen me, been miraculously healed. When the casserole was in the oven, I curled up in the living room with the volume of poetry Molly had given me. Anne Sexton. In the front of the book was a quotation from a letter of Franz Kafka. "A book should serve as the axe for the frozen sea within us."

I felt the truth of that. I read on in the book, hoping that it would strike through to that which was still deep and warm within me, that the suffering of the other would quicken me as my own had not, but I found myself *(continued)*



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reading as a critic not as a lover. I was absorbed but not moved. Yet it was something to be so completely absorbed that when Paul drove into the driveway I didn't even notice the sound of the car. He was suddenly standing in the room.

"You look beautiful," Paul said, sitting down beside me on the couch. "You've been out in the sun."

"Tennis this afternoon," I answered. "It felt good." I offered him this small gift with a sudden sense that I was handing him four grimy raisins.

Raisins. Quick energy. Hope. They were all the same.

"Come out in the kitchen with me while I toss the salad," I said, "and I'll tell you all about my backhand."

I led him through two sets while cutting up green pepper and sautéing the mushrooms.

"Who's this Mary you teamed up with?" Paul asked.

"Mary O'Leary. A friend of Molly's. She brought her little boy."

I guessed Paul detected the annoyance in my voice. And deliberately misinterpreted it. "I suppose every time it was your turn to serve, you found a little boy standing directly behind you."

"No, actually he was very good about staying off the court. He spent almost the whole time playing under the bench with his Noah's Ark and a lunch box."

"With all that fantastic park to play in?" Paul sounded incredulous.

I felt a little embarrassed that it hadn't occurred to me to wonder, until Paul forced me to it, why Wink had stayed under the bench for almost two hours when the famous playgrounds of Whitman Park were within sight.

The playgrounds were a child's vision of Eden—filled with the usual slides and swings and seesaws, but also with stone tunnels and wooden bridges and intricate structures to climb on and in; a walk-through animal refuge of domestic animals that the children could pet and hold and help feed.

We went on to talk about other things, but all the next day I found myself wondering about Wink and his fondness for his cave under the bench.

On Thursday we played again. I was sitting on the bench, taking my racket out of the press, when Mary and Wink arrived.

"There's my lady," I heard Wink say to his mother.

"Her name is Sarah," Mary told him.

"Sarah, Sarah, Sarah." Wink almost sang it. He came over to me and stood directly in front of me. "I've brought you some quick energy." He sat down beside me and opened his lunch box and took out a small box of raisins. "You can have these raisins for your very own."

"Thank you, Wink." I put the raisins in the pocket of my white sweater. "It will be nice to be able to have some any time I need them."

I got up from the bench and Wink crawled under it. "Hurry, hurry, little horse," I heard him say. "It's almost the end of the world."

We all went over to Molly's after the game. Molly showed Wink the box of wooden blocks in the playroom and he settled there while the rest of us sat on the patio with our iced tea.

"Well, Sarah," Mary said to me, "I think Wink has fallen in love with you. Ever since Tuesday he has been talking about 'his lady.' "

"It's nice to be loved," I said. Then I decided to ask her. "I've been wondering why he never goes to the playground at Whitman. It looks positively irresistible to me."

"He's scared to death," Mary said. "The last time he was there a couple of older kids gave him a bad time—one asked him to teeter-totter and then jumped off when Wink was high in the air and then the other one teased him because he was crying and punched him in the stomach 'to give him something to cry about.' "

"And you can't convince him to go back?" I asked.

"We've tried everything. We've argued, enticed, bribed, tricked, anything we could think of. But it's kind of hard to make someone go play, particularly when he doesn't even admit the reason he doesn't want to. He just says he would rather do something else, that he likes playing under the bench with his ark. I suppose we have to give him a little time."

That phrase triggered something in my mind, of course. Suddenly I saw myself in Wink, or him in me. "I know, I know, little brother," I thought. "They keep wanting to shove us out into the windy places where the storm howls around our nakedness."

"Walk down to see the babies with me, Sarah," the doctor had said to me one day in the hospital.

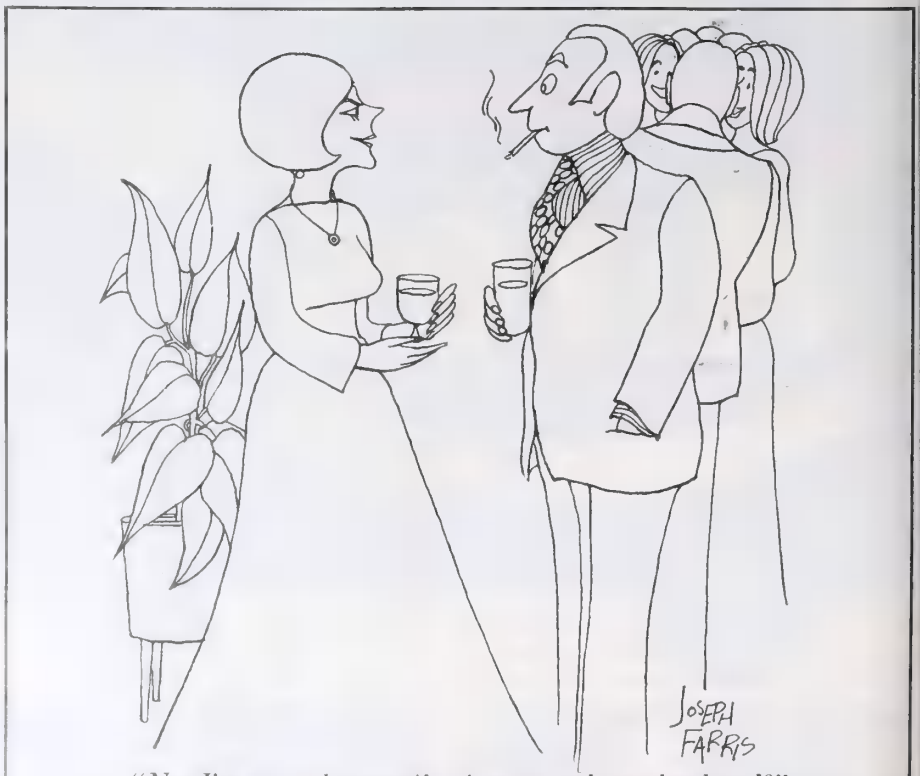
That startled me. It seemed cruel. "I don't think I can."

"Yes, you can," he said. "When you look at the babies, you might cry, but don't worry about it. It's what you should do."

"It would spoil it for the other people. It would intrude."

"If joy is real joy, it can't ever be spoiled by human tears. It may sober them, those parents, but that is important too. Your tears would only say, 'Life is precious, life is fragile, life is pain standing side by side with joy. Praise life.' "

We walked down to the nursery window. I was glad there was only one man standing there all by himself, looking a little embarrassed, as if he knew something was expected of him when the nurse held up the tiny sleeping baby, but he wasn't sure what. For a moment I turned toward the doctor and pressed my forehead against the white sleeve. And yet I was surprised to find I wasn't going to cry. There was a terrible pain



"No, I'm not a housewife. Are you a househusband?"

me. But it was a pain of emptiness, or a pain so cold it ıd turned my tears to ice.

"They are all your babies, too, you know," the doctor said ıietly. "You may not believe that now, but in another forty ears you will. Exclusiveness is only an illusion designed by ature for convenience."

Some of the babies started to cry and I felt a strange an- vering in my breasts that no medication could stop. But I as cut off. I suddenly realized that what I feared most was ıat I might be doomed to spend my life with this thick ass between me and the small life that called to me.

I suppose it was remembering that conversation in the hos- tal and thinking of Wink and imagining that he was ılling out to me in some way that made me wonder whether could do something to make him less afraid of the joy of Vhitman Park.

I knew that in a way I was still putting myself first, that art of me was saying, "It will do you good to think of ɔmebody else for a while," so that even thinking of Wink was still thinking of my own health. But I saw no way out that dilemma except to begin, so when I read an article h the newspaper about all the baby animals at the park, I ıought I saw a way to begin.

Each adult visitor had to be accompanied by a child, the ticle said, and each child accompanied by an adult. I alled Wink and told him I needed to borrow a boy so that could see the baby rabbits, and we arranged to go to the ark together later that week.

It was the first of May, actually, though obviously no one ad bothered to inform the sun. The skies were overcast; ıere was a slight wind.

Despite the uncertainty of the day, the park was filled ith people. With mothers and children. Everywhere I ɔoked I was reminded of my own condition. I felt exiled rom a country I had never known. *Even the animals have ntry,* I thought to myself. *Even the animals.*

Wink and I walked slowly along the paths within the efuge, stopping to admire the lambs and ducklings and abbits. Wink's favorite was an ordinary house cat, perhaps ɔecause the kittens it was nursing were so tiny, about three veeks old, I think. The cat was purring loudly.

"Cats purr when they are very happy," Wink announced. He seemed puzzled by something. "I wonder why that cat s so happy."

"Because she has her babies with her," I said. "Let's go ıave lunch."

Later, when I remembered those words, when I tried to ear myself saying them, not just the words but the tone in vhich I said them, I heard the bitterness, the curtness, the nger. But at the time I was too busy listening to my own ries of pain. It wasn't until we reached a grassy place and at down to rest that I became conscious of Wink's silence.

"What's the matter, Wink?"

"I don't know why you're mad at me."

"I'm not mad at you." I was genuinely distressed. How ɔuld he believe that? With sudden clarity I saw I had to ısk the reverse. How could he not believe that? It was then ny own anger echoed in my ears. It was then I saw my own elf-pity and how it had ruined this gentle day and brought ɔain to this gentle child. I was swept by a terrible sense of vhat I was becoming and terror because I did not know ıow to escape.

"It's not you, Wink," was all I could say. "I'm not angry vith you."

"Who are you mad at?" He almost whispered it.

"Who?" I had to stop. It was an important question. "Life, I guess." Something echoed within me. *You make it sound ıwfully abstract.* I wanted to try to explain. "We had a little ɔaby that died not so very long ago. And that made us eel terribly sad, and I guess all *(continued)*



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THE FROZEN SEA

continued

the little animals reminded me of what I had lost."

Wink sat silent for a moment. "Can't you have another baby?"

"I don't know," I said. It seemed not quite an honest answer. "I'm afraid," I said. It felt good to have it out there to look at.

Wink seemed startled, as if it had never occurred to him that a grownup was ever afraid, but he said nothing. We sat in silence for a while. I lay back on the grass and looked up at the gray sky beyond. Suddenly Wink's face was there between me and the gray.

"Sarah," he said, "I think my mother would share me."

I sat up slowly as his words came tumbling out, tripping over each other. "I mean, we could do things—like today—we could go to the puppet show maybe—or the playground—and you could sit on a bench and I—I could play on the swings." He paused for a moment. "Don't tell anybody, Sarah. When I was little I was afraid to go to the playground."

I put my arms around him. He felt so small and warm and lonely and strong and incredibly alive. *So this is life*, I thought, and knew that I was crying. I knew that somehow the wall had come down, the glass had been shattered, a passage broken through the frozen sea within.

We walked over to the playground and Wink ran to a swing and asked if I would push him; and I did, higher and higher, until he shrieked with excitement. Then the little girl next to him, who had been looking on enviously, got courage to ask if I would push her too, and soon I was pushing a whole line of children, rushing from each to the next, with an energy I could not believe, and we were all laughing, and I had this marvelous feeling of life running toward me, and my holding it for a brief moment and sending it out again with my own strength placed in it.

"Oh, Wink, I'm getting tired," I finally gasped.

"I should have brought some raisins."

"You did, Wink. Raisins. Quick energy. Hope. They're all the same."

He looked around at me with a puzzled look, as if about to ask me something, then must have reconsidered. He gave a barely perceptible tolerant shrug of the shoulders.

"Why don't you swing, Sarah? It's very restful."

So when the swing next to Wink's was empty, I sat down in it and began to swing myself, higher and higher, my arms pulling on the metal chains, my body remembering what my mind had forgotten, and Wink and I swung and swung until it was time to go home. **End**

WHAT'S HAPPENING

continued from page 15

story with a string of witty lines an good gags. Anne Bancroft is funny an touching, and Jack Lemmon knows ho to sustain hysteria. *The Prisoner of Se ond Avenue* is a frenetic comedy tha perceives New York through Ne Simon's series of insight jokes.

A guide to guides

Summer time is travel time and hear gripes from people who buy trav books to swear by and wind up swea ing *at* them. *Passing Up the World Great Restaurants On One Dollar a Da . . . Through Equador by Borrow Burro . . . Shoveling Across Siberia . .* such books too often deliver less tha they promise: the burro limps or th shovel has no handle or the great re taurants are opened and you end u doing the dishes. Now we are nearin the midst of the bicentennial (or shoul it be called the buy-centennial?), an this summer is a sensible time to driv through the colonies, refresh your fee ings of life, liberty, the pursuit of hap piness and Myron you'd better ca ahead or the motels will all be fille The British got lost covering this te ritory, so don't let it happen to you. Tr a guide. I've checked two that seer accurate and dependable, and whethe you rocket in your car or rock in you front porch chair, these are a pleasur to read.

Sol Stember consumes three volume to point your way with *The Bicenten nial Guide to the American Revolu tion* (Saturday Review Press/Dutton) crammed with minute directions—par behind the church on your right an walk three steps—things like that. Ver handy. By the end you'll know ever advance and retreat of the war, plu as a bonus, all sorts of bet-winning de tails such as whether it was light or dar on the Dilworth Road when the Battl of Brandywine was fought on the sit of what is now an ARCO gas station.

If you don't want three volumes, tr *Discover Historic America* by Robe B. Konikow (Rand McNally), a lovel overview of the richness of our heritage It's a state-by-state guide with map and illustrations that merge the Amer ica that was with America that is. Ther are short, informative chapters on th history of each section of the countr so you can catch up on any details o history of your area that have slippe your mind since the fifth grade. **En**





Pineapple baked ham Sunday afternoon. Remember?

Mom would put that twelve-pound ham in the oven at 10 o'clock on the dot. Long about 1:30, out it would come and the decoration would begin. And you'd get to help.

Up one side, across the top and down the other—big, juicy chunks of golden pineapple and spicy cloves. And then the pineapple syrup and brown sugar mix was ladled on.

And then came those last 30 minutes



—they seemed like a piece of eternity, as that spicy, fruity smell slipped out around the oven door. Remember?

And you probably remember the pineapple was Dole Blue Label—because it almost always was. And still is.

Bring back the memory of a pineapple baked ham Sunday afternoon. With Dole Blue Label pineapple. Isn't it nice that some things never change?

PET JOURNAL

Rover's new in town. Will he and Tabby make friends? Of course, but only after some image-building recorded for us by Walter Chandoha.

Scene 1—walk tall and tickle the chin—just to show off. Scene 2—getting a few things straight—like, who's rug *is* this?





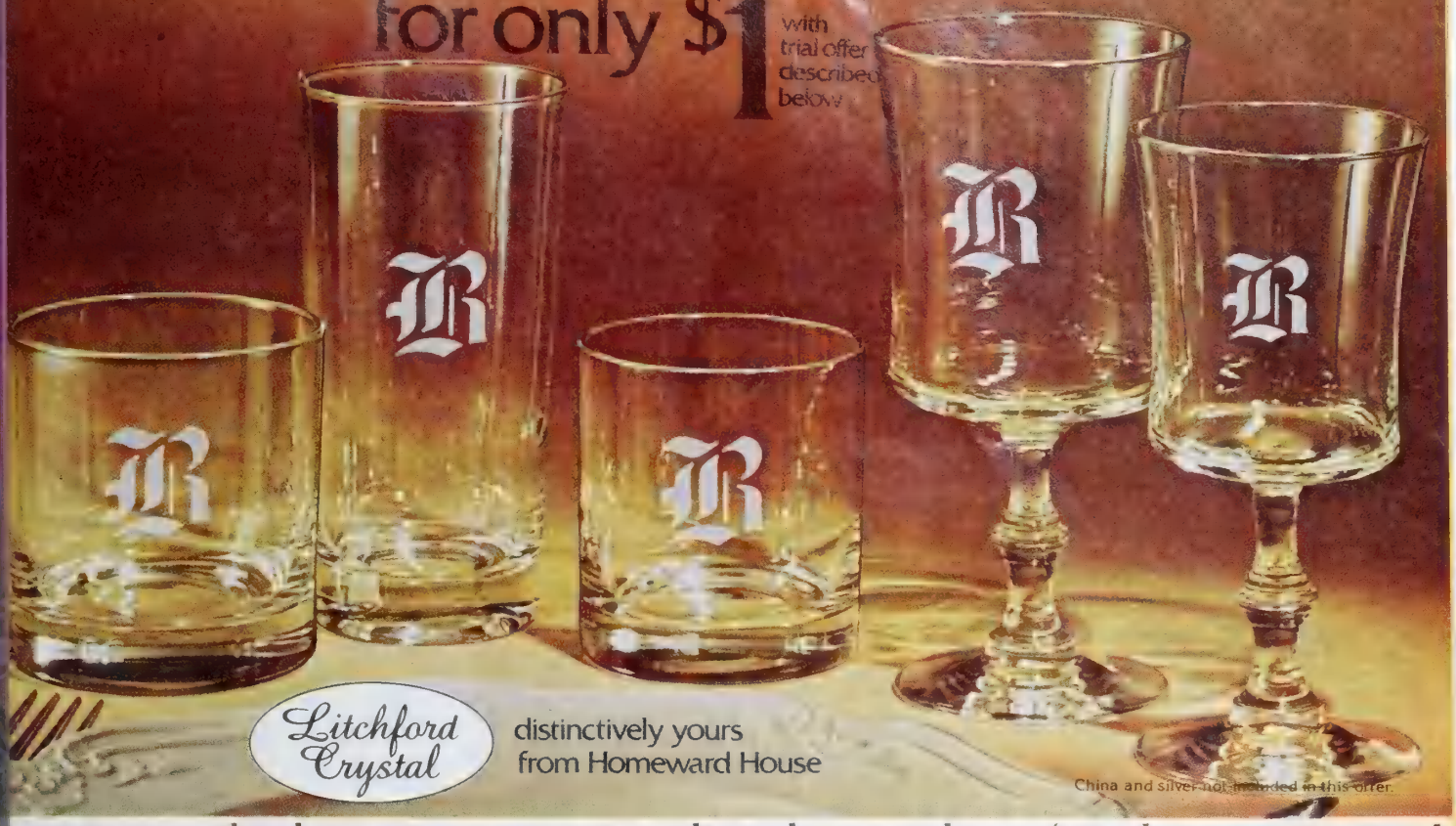
A swift right to the nose is the next move and then a hammer lock, before the fade-out, where all's (finally) well.





Get this elegant 5-piece monogrammed crystal setting for only $1

with trial offer described below



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ality craftsmanship—the key to monogrammed crystal. Old rld craftsmanship blends with dern technology to create deli- e, superb quality engraving— manently etched—and com- ely dishwasher safe. Smooth, -polished sheer rims grace each e . . . a feature found in the st expensive handmade crystal.

d that's just the beginning. en your first personalized tal setting arrives, note its uisite quality and richness. In same shipment, you'll receive cond identical 5-piece setting— pproval—and from then on, ll receive another identical setting automatically, about once a month—*always on approval,* of course. Pay only after you decide to keep each shipment.

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That's why each setting is yours for only $5.98 plus shipping and handling. You may cancel any time after examining your introductory setting. Complete open stock available—other shapes, sizes and matching accessories, too.

No fixed number of settings to buy—it's up to you. You alone decide how many settings you want—and even how fast you want them. Beginning with your introductory setting, you'll see how you may complete your set sooner—*at substantial savings.*

Start your distinctive personalized crystal set now—for just $1. You won't find this fine personalized crystal setting for sale in any store, at any price—because beautiful monogrammed Litchford Crystal is available exclusively from Homeward House. Don't wait. Mail coupon with just $1 today to start your set of elegant personalized crystal.

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☐ Miss _____
(PLEASE PRINT) FIRST LAST

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Limit—one introductory setting per family X399

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- Dramatic new breakthroughs will occur in medicine; probably even a cure for cancer.
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- Johnny Carson will lose his temper and as a result will lose a great deal of money very shortly (the sum could well be in the seven figure range).
- Mick Jagger will leave the Rolling Stones and attempt to make it all on his own.
- Jackie Onassis will receive the largest monetary settlement in history.





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11



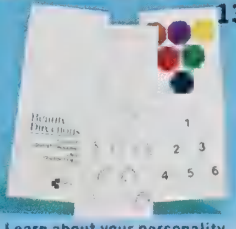
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Limit one per person. Allow 4 to 6 weeks for delivery. Offer good only in the United States. Send $2.00 for Canadian orders. Offer limited, first come, first served. Offer expires Oct. 31, 1975. Products represented are brands you will receive, packaging may vary and may be labeled Free or Trial. Satisfaction Guaranteed.

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"I was constantly worried about my itching problem. I tried so many things, and nothing really helped. Feminine itching was making my life miserable. Then I saw an ad in the newspaper for Vagisil, a new way to help stop feminine itching. I tried it and it really worked."

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Doctor-tested Vagisil is a gentle, easy-to-apply medication that helps stop external vaginal itching almost instantly. Vagisil leaves a cooling, protective film to help check bacteria, soothe irritated membranes, and so speed natural healing.Get Vagisil at all drug counters. Delicately scented. Greaseless. For trial tube, send 25¢ to Vagisil, Box 328 JH, White Plains, New York. **Vagisil**

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NO TO YOUR HUSBAND

continued from page 44

"Just as you take responsibility for other personal feelings, the way you might want to say, 'I don't feel like cooking tonight, let's eat out,' you can now honestly say; when there's a lack of privacy, for instance, 'Look, you know how I am —I'm squeamish. I can hear them in the next room, and I'm sure they'll hear us. I just get tense and nervous about it, and I can't get any pleasure.' Since this is saying: *This is me, the way I am, the way I as an individual feel*, there's no 'who's right' and 'who's wrong.' The emphasis on one's personality takes away any feeling on the husband's part that he is being rejected."

Conversely, once a woman discards the loaded word, rejection, she herself feels freer to make sexual advances to her husband, without worrying, *Will he reject me?* His not being in the mood, or his preoccupation with business worries, won't destroy her—any more than Napoleon's destroyed Josephine.

It also helps infinitely if a woman makes it clear that she is merely rejecting this particular sexual opportunity, not the loved person. This is not always easy to convey, since, as Dr. Schaefer points out, "We always think of every time as the last time. But of course there will be other opportunities." A promise for the future is always better than a flat, outright "No."

"*Postponing* has a different effect from saying 'No,'" advises Dr. Schaefer. "If you merely say 'No,' for tonight, the man is anxious. But if you say, 'Friday, when my parents leave,' then that's different. Or 'Let's plan for tomorrow when the children have gone back to school.' Or 'Let's go somewhere this weekend and be really alone.' That relieves his anxiety; it shows you want him, too."

A husband can more easily accept his wife's "No" if she makes him feel secure in their overall relationship. "Men objectify themselves," explains Dr. Schaefer. "Ironically, they treat themselves as sex objects. As though: 'If I can't be sexually potent for her, or bring home a salary, I'm nothing, I have no attraction.'" But the man who knows how his wife values him in other ways isn't that shaken by a sexual turn-down.

Men performance oriented

But what if a man is feeling *temporarily* insecure? What if he has just lost a business account, or even his job, and he needs ego-building or bolstering, yet his wife is preoccupied, not in the mood for sex? Dr. Schafer points out that when a man is feeling insecure, he often tries to prove he's *macho*. Men are brought up to be performance-oriented. So a man who's feeling insecure often thinks he can at least "prove himself" in bed. When a woman recognizes her husband's need for reassurance, her sp taneous sympathy is often likely to o ride her reluctance and drive it righ the scene, anyway.

If not, since a good relationship volves compromises and, as Dr. K points out in this connection, "A w an, after all, can have sex without b that orgiastic," a woman might consider arbitrarily deciding, *This t never mind my mood!*

Repulsive sex acts

But sexual acts that repel a wo pose an entirely different problem. V about various sex acts that a wo wants to reject? Suppose a particula act, such as fellatio, repels her, but t what her husband asks of her toni Certainly she wants to please him. sides, she wants him to admire he sexually uninhibited, not a Victorian but a woman who enjoys sex—the woman he needs. Yet, as psychia persistently point out, if she com with sex acts that are repulsive to she can grow to hate the man who her to perform them; so it is patently wise to go through with a sex act repels her. Male or female, we all our personal tastes. We have a rig make moral and aesthetic choices i as in anything else: nobody has to everything; we select what please

But, suggests Dr. Klein, a wo might well reexamine *why* she do want to perform a particular sex Often it is simply a question of phy aesthetics. "Women should take mo sponsibility for explaining their ings about physical aesthetics," say Klein, "and they should do so in a sexual situation, establishing how feel. A woman's objection to som these sex practices can disappear i knows that her husband, in anticipa has showered or washed, and equally, she is physically immaculat

"If she feels uneasy about her cleanliness, she might say so and gest skipping that particular sex a if she wants to wash, she can easil something lighthearted and compli tary, like: 'I want to be just so nic you—I'll be right back,'" The tone sex on a joyous, please-each-other and a man will appreciate the tone the compliment to *his* aesthetic sen ities.

"If the woman is uneasy about and she finds it difficult to say so might suggest they shower togethe plaining that 'I've noticed I can better when we've showered.' O husband becomes aware that his can respond more freely and enjo when they're both aesthetically ple he'll be likely to always propose ing."

Anxiety and sex are mutually sive. Whatever the sex act, a w can't enjoy it if she's tense with a

bout some aspect of it—aesthetic, mor- or otherwise. This is an unalterable uth. And a woman may have to explain clearly. Anxiety is anxiety: We are ck to the individual woman's unique- ss. We are back to: *This is me, the y I am.* We are back to: This is *my* t of anxieties. Or: These are *my* tastes. d in frankly revealing oneself to the her person by telling him this, we ac- ally show love. We are not rejecting m, we are asking him to know us bet- r and understand.

For a woman to say "No" after she's ed a sex act is one thing, but to re- se without first experimenting often kes a husband resentful. The problem perplexing. Sometimes a woman ows immediately, when her husband ggests it, that a particular sex act is not her. In that case, it would be foolish t to say so plainly. But with another act he suggests, maybe she isn't so tain; she might also feel that she nts to get over some fears or earlier oral values, and expand her range of asures. In that case, she might agree try it, despite her reservations. Then, it still bothers her, she can ask her sband to forego it. "People, both men d women, want to develop their sex- pleasure to its optimum point," says . Klein, "but your optimum point de- nds considerably on your past, your bringing, your cultural influences. d you're not going to undo your past t much." Or, having tried that par- lar sex act, the woman may simply cide it isn't to her liking.

Mutual pleasure the aim

It is absurd to try self-consciously and ntically to be the ultimate hedonist, person who never says "No" to any act and overrides personal feelings in esperate attempt to please. That goes man or woman. "A husband can pt to a wife's limitations," says Dr. in, "and she can adapt to his." Other chiatrists I talked to agree. Mutual asure, after all, is the aim. A woman very easily, confidently, freely say " to a specific sex act if she gets ss to her husband the idea that over- n their sexual relationship they're lov- collaborating on furthering their mu- l enjoyment—including those sexual iations that please one or the other, offend neither. It is a concept that, the woman, leaves her free to refuse accept a sex act—or to suggest one her husband is also free to accept eject.

The great freedom, once we discover to say "No" to sex acts, is that we in an odd way, also released to say s." As Dr. Schaefer describes it, "If el you won't punish me for saying ' as though you're my jailer, I'm more xed, more inclined to say 'Yes.' We not each other's jailer—we're part- ."

End

MEDICINE TODAY

continued from page 10

declined. "You'd expect a higher death rate," Mrs. Wortman says. "But it's going down instead!"

The incidence of severe complications has also declined, Mrs. Wortman and Dr. Gottlieb say. A few women experience internal bleeding that must be corrected by abdominal surgery, and a few patients—and gynecologists—have received electrical shocks or burns from the instruments used in the procedure.

The most common post-surgical complaint about the operation is a moderate pain in the shoulder which may last a day or two. It is called shoulder-tip pain and, strangely, it is caused by inert gas which is blown into the abdomen during the sterilization. This pressurized gas pushes the digestive organs upward and out of the way. The gynecologist then has a clear path to pass his laparoscope inward to the fallopian tubes, which lie at the back of the abdomen.

Before the gas is injected, the woman is anesthetized. In 90 percent of the cases, a general anesthesia is used. The other 10 percent are done under local anesthesia. With the woman asleep, it only takes the gynecologist a few minutes to find and sever the fallopian tubes.

The woman who chooses this type of sterilization, Mrs. Wortman says, typically is one who feels she has all the children she wants and doesn't want to continue to use contraceptives for the ten or more years until her menopause.

Though every woman has the right to be sterilized—even if she has no children—each doctor also has the right to decide which operations he will perform. For example, Dr. Gottlieb will not sterilize a childless woman. And many hospitals demand the husband's approval.

Both Mrs. Wortman and Dr. Gottlieb stress that laparoscopic sterilization is permanent. "Once it is done," Dr. Gottlieb warns, "it is irrevocable." So a woman should be absolutely certain when she chooses this procedure. **End**

LOVE IN FOUR SEASONS

By Sara Van Alstyne Allen

In summer you brought me the first rose
Still pearled with dew. I held it in my hand.
I turned to you.
In April violets still wet with rain
Said the quiet words I longed to hear again.

The first red leaf you offered in September,
Season of harvesting, season to remember.
Today we watch the winds of winter blow.
You break the holly red against the white.
You carry it to me across the snow.



How Do I Sponsor A Child?

Here's What You Do:

- **Fill out your name and address on the coupon.**
- **Indicate your preference of boy or girl, and country, or:**
- **Check the box marked "Choose any child who needs my help."**
- **Enclose your first monthly check.**

And here are answers to some other questions you may have:

Q. What does it cost to sponsor a child?
A. Only $15 per month, tax deductible.
Q. Will I receive a photograph of the child?
A. Yes, along with information about the child, and a description of the Home or Project where the child receives assistance.
Q. How long before I learn about the child?
A. About two weeks.
Q. May I write to the child?
A. Yes. You will receive the child's original letter and an English translation, direct from the Home or Project. (Staff workers help children unable to write.)
Q. Why does CCF use a sponsorship plan?
A. To provide children with long-term, person-to-person relationships.
Q. What does the child receive because of my sponsorship?
A. This depends on the Project. You will receive detailed information. In general, CCF aid supplements other resources to help provide clothing, shelter, health care, spiritual guidance, education, school supplies, food—and love.
Q. May I send an extra gift?
A. Yes, if you wish to send $5 or $10 for a Christmas or birthday present, the entire amount is forwarded, and the money is used according to your instructions. You will receive a "thank you" letter from the child.
Q. May groups sponsor a child?
A. Yes, church classes, office workers, civic clubs, schools and other groups sponsor children.
Q. Is a financial statement available?
A. Yes, upon your request and we will be glad to answer any questions about how your gifts are used.
Q. What types of Projects does CCF assist?
A. Children's Homes and Family Helper Projects, plus homes for the blind, homes for abandoned babies, day care nurseries, vocational training centers, and many other types of projects.
Q. Is CCF a member of any child welfare agency?
A. Yes. CCF is a member of the International Union for Child Welfare, Geneva.

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Sleep relaxed
Wake refreshed
Take Compōz®



HAPPY
continued from page 53

"As to my encounter with breast cancer, I can only repeat my expressions of hope that the evidently successful outcome of my surgery will give heart to other women who encounter the same problem. 'Take heart, don't be afraid,' was what I said as I left the hospital for the second time—and it remains my message to other women.

"At the beginning, following the first mammogram, I did not believe that the lump in my breast was cancerous—some gland, I thought, or a pre-menstrual symptom. When Dr. Urban, my surgeon, remarked on looking at the x-rays that, 'I think we'll be lucky with this one,' I thought he meant that he did not expect the tumor to be malignant. Actually, as I learned later, he meant that he hoped the malignancy had not spread very far and thus could be arrested by the first semi-radical mastectomy—as proved to be the case.

"Dr. Urban told me to stop kidding myself and go to the hospital the next day. From then on, I was on a conveyor belt with wonderfully kind and wonderfully skilled people taking care of me at every step, and the next thing I really remember was coming to and hugging Nelson; then Dr. Urban came into view, and they told me that it was all over and I was fine.

"'I'm just thankful you're alive,' Nelson said—and I felt the same way. Wonderful children and a wonderful husband saw me through.

"I sensed that the second operation was coming—even though I didn't know about it for some time, as Nelson and the doctors agreed to let me have time to recuperate from the first operation before telling me about the second. Less radical surgery was required this time to make certain—or as certain as possible—that the cancer had been arrested. When I knew, I faced the second operation as I had the first: in a spirit of 'if we must go through it, let's get it over with.'

"One thing that has sustained me through all this has been my desire to live long enough to see who little Nelson and Mark decide to marry. Your priorities change as you get older, I suppose.

"When people ask me what I think of women's liberation, I ask them what they mean by that term. I think the definition is a little different for every woman. I don't think you're a liberated woman if you want to be a man. I think women deserve to be treated as equals in terms of equal opportunity and equal pay for equal work, but they've got to keep the whole thing in perspective. Personally, I don't think there is anything for today's woman to be liberated from—except to be recognized as a free and equal human being.

"Finally, I'd like to talk about my husband and his relationship with young boys.

"Whenever possible, Nelson and boys say prayers together before bre fast, at which time they have the opp tunity to discuss their mutual interes while I enjoy breakfast in bed. Nel has always said that it is not the qu tity of time you can spend with y children so much as the quality of relationship developed in the time t is available. He throws himself into relationship intensively—as he does all undertakings he considers vi When Nelson is away, the children h breakfast together—sometimes watch Bugs Bunny on TV.

"A lot of people don't understa how very human and terribly sensi my husband is. He has always had a r sion—to do what he can for the w being of all concerned—and it is not to carry that kind of a sense of resp sibility. It is very tough to provide sort of positive leadership that mak democracy work—and inevitably it volves an activist like Nelson in all s of controversy. Far from being u sponsive to criticism, Nelson is hig sensitive to it—but he accepts it as n essary to accomplishment, as part of cost of doing business as a leader w ing through persuasion within a de cratic framework.

"It's easy enough to issue orders w you have a dictatorship. But as E Hamilton observed in a book the Senator Robert F. Kennedy once to me: 'Civilization is the art of c promise.' Otherwise, you never go yond the social development of dren who try to solve everything fighting."



Mr. Rockefeller watches sculptor I man test his work, "Above II," for

Y
nued from page 63

her, who could wrap her arms
d the entire world, and about
the entire world could wrap its
She spoke to them all, and all un-
od her, and felt her: man, woman,
woman, child, parent, grandparent.
eking love, she had many men, yet
ad never found it; for finding it, she
not believe it; or if she believed it,
cted it; or suspecting it, denied it.
es Gumm. Judy Garland. Was
ever a Judy Garland? Was it not
rances Gumm, endlessly playing
art, endlessly in search of herself?
there she was, in a coffin, Judy
nd. There were the thousands out-
blocking the streets. There were
illions all over the world, mourning
issing her: she had taken from life,
e everything, what she had want-
espite unimaginable ordeals, she
iety, magic, wonder, all caught up
incredible child.

n the services were over, and as
ose and sang "Glory, glory, halle-
" Dr. Rabwin saw a scene he had
witnessed before. Eight huge men
down the aisle, they lifted the cof-
y raised it high above their heads.
ey bore it out—as a queen, high
the heads of her courtiers, might
ne from the great mourning hall.
abwin, standing there, thought,
are carrying her into Eternity.

r the funeral cortege had taken
body to a crypt in Ferncliff Ceme-
Hartsdale, N.Y. (which Mickey
hosen), the family gathered in
apartment. Kay had prepared
ut it was not food Liza, Lorna and
anted; it was music and song.

with Kay at the piano, getting
o sing each time it seemed they
bout to collapse, they sang Judy's
e songs again and again.

Nothing black

must not be funereal, this day,
ad insisted. That was why she
d nothing black, everything bright,
like, happy flowers. Liza let her-
when the elevator man at her
ent building broke into tears:
od's sake, don't feel sorry now:
That's all she tried to make you
e entertained, she tried to make
happy. If there's any favor in the
ou want to do for her right now,
d be to smile!"

so the three children sang until
uld sing no more. Liza would
a, they'd grab a bite, they'd sing
As evening came, Lorna said to
Mickey wants to take you and me
end's house to go swimming to-
It's out in the country." Lorna
hat Mickey was trying to control
, and "I think we should go."

ght, said Liza. Joey was so tired

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he had gone to bed. Sid and the others had gone elsewhere. She and Lorna and Mickey and one of Mickey's friends got into the car and they began to drive. It was a beautiful June night. Liza thought, *When you die, you go to heaven and become a star.* She looked out the open window of the car, looking for the brightest star, because that would be Mama. There was one there! She said, "Look Lorna, I betcha anything it's her." Lorna looked. "Yes," she said, "the brightest one is Mama."

Mickey, driving, turned on the radio. It was a shock: they were listening to the overture of the record, *Judy at Carnegie Hall*! Mickey, almost in horror, moved to switch it off, but Liza cried, "No, no, leave it on."

Judy sang—and her daughters sang with her, filling the car with sound.

Then they reached their destination: a small house with a trailer parked nearby. Mickey introduced them to their hosts, two brothers. The men went to another part of the house for a moment, and Liza and Lorna sat down on the sofa in the living room. It was very silent. Then they began to hear a strange sound: "Hunhh! Hunhh!" They looked at each other, startled. It sounded like heavy breathing—but where was it coming from? The two girls rose and went in the direction of the sound; clearly it was coming from behind a door. As they came nearer, they became aware of an incredibly bad odor. Liza opened the door. It led to the basement. The odor was very strong. "C'mon," Liza said to her sister. "Are you game?"

Lorna nodded. The two girls stole down the stairs, turned the corner—and there were five large wire cages filled with baboons. The animals took one look at them, began to grunt furiously, "Hunhh! Hunhh!" and hurled the lettuce, bread, bananas they'd been eating.

The girls rushed upstairs, slammed the door, looked at each other and burst into laughter. They had ended this day in a house with baboons. They sought out Mickey. Yes, he said. The people who owned this place trained monkeys, chimps and baboons for circuses.

"Oh," said Liza. "How Mama would have loved this!"

End

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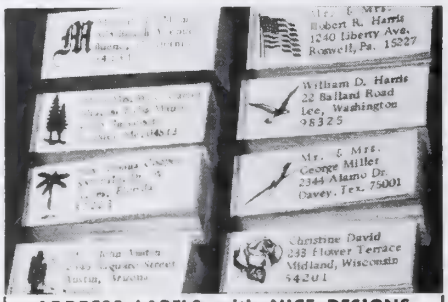
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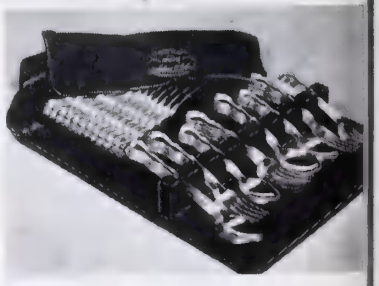
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An interview with Donna Olsen
at Pebble Beach, California



"I gained 3½ inches on my bustline in 14 days and I never looked like this in a bikini before."

"I really love summer and I really love summer clothes—the new swimsuits, the halter tops, the generally briefer styles and I wanted the kind of figure that looked just great in them. These styles don't necessarily flatter the bustline. You have to have the bustline to flatter the styles—so I started the Mark Eden program."

Q. "Donna, what did your bustline measure before you started?"

A. *"34 inches."*

Q. "And what does it measure now?"

A. *"40 inches. I gained 3½ inches the first 2 weeks and then, because I wanted the best figure possible for summer, I kept on with the Mark Eden a little longer and gained steadily right up to a full 40"—which is what I measure now."*

Q. "That's a 6 inch increase. Isn't that an unusually large gain?"

A. *"It was miraculous to me, but I know of a number of girls that have gained as much with Mark Eden. However, it's not the measurement that counts so much as how you look. From the day I started the Mark Eden program my bustline began to take on a whole new shape—fuller and rounder, firmer and higher—a much more sensational type figure than I ever imagined possible for me."*

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Q. "Donna, how about your friends? Have they noticed a change in you?"

A. *"Oh, yes. When my girlfriends saw what I had done, they could hardly wait to get home to order Mark Edens for themselves—you know, summertime is the worst time to be flat-chested. And the wonderful thing is that the Mark Eden Developer fills out your whole bustline, wherever you need it the most. It lifts and firms and gives a beautiful, deep cleavage line so that your bustline looks terrific in whatever kinds of styles you like to wear."*

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"I really wanted a fuller bustline for summer."



The Mark Eden Developer is not an artificial stimulator or a cream. It is an exclusive exerciser that employs special techniques safely and effectively. Mark Eden is the world's most successful bustline developer. Over two million Mark Eden Developers have been sold and every one covered by a complete Money Back Guarantee.

Q. "Donna, did the program take up quite a bit of your time?"

A. *"Oh, no—that is one of the beauties of the Mark Eden program. It takes only minutes to go through and it completely transformed my figure without taking valuable time from my other activities."*

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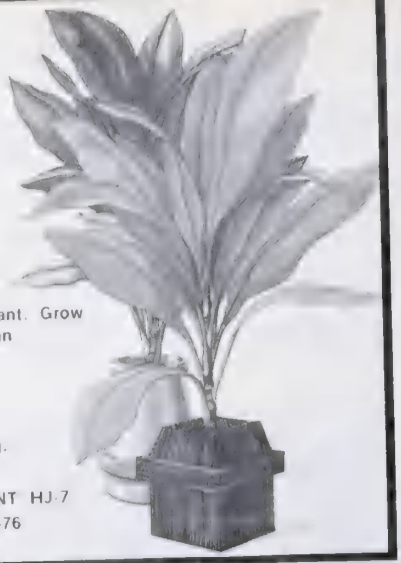
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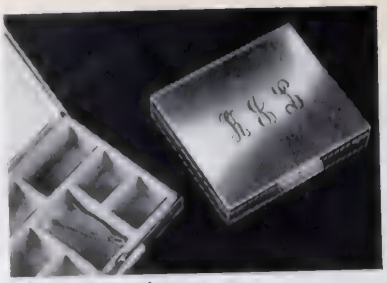


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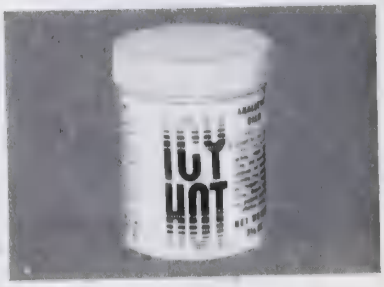
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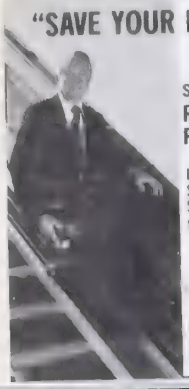


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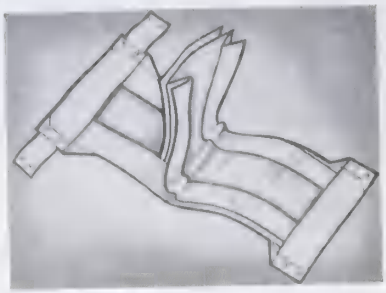


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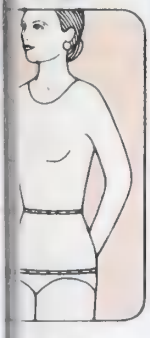
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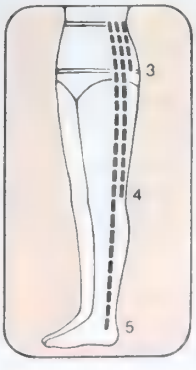
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re's how to take your measurements

w this simple step-by-step chart. ll need someone to help you with the suring. Record your measurements (to the nearest ⅛") on the coupon order form. Before starting, remove outer clothing. Wear the under garments you usually wear. Stand straight and tall. Tie a string snugly around your waist. Tie another string around the fullest part of your body below the waist.



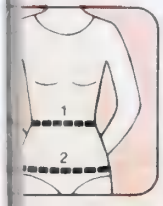


3 HIP LEVEL Measure distance from waist string to hip string along side of body.

4 WAIST to KNEE Measure along side of body from waist string to point directly in line with middle of knee cap.

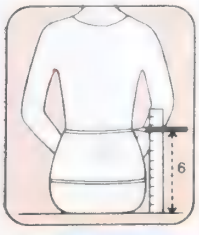
5 WAIST to ANKLE Measure from waist string along side of body to ankle bone. (This determines ankle position only. Your correct fashion length will be added to this measurement.)

you're ready to begin



1 WAIST Measure around the string at waist. Snug, but not too tight.

2 HIPS Measure around the string at hips. Snug, but not too tight.



6 SEATED CROTCH MEASUREMENT Sit erect on hard flat surface. Hold a ruler straight up from surface at side of body. Place a pencil at right angle to ruler at waist string and record measurement where ruler and pencil meet.

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A research team which includes berts that even Adelle Davis oted, helped Peak Laboratories t together a capsule called ta-Retic.

It took a doctor for each ingre- nt to make a better lecithin, lp, cider vinegar, B6 capsule.

Lecithin, Vita-Retic contains 4 times as much.

The more the better when it nes to lecithin says Dr. Charles n Rudolph, PhD. in Biochem- y in Fort Worth, Texas. Vita-Retic contains three times e lecithin than the standard mula. And for a good reason! Rudolph personally takes t amount or more daily and has noticed a significant reduction in his weight and cholesterol level. He further adds that most adults would benefit from lower cholesterol.

Dr. Rudolph reports that the advantages of lecithin are that it is a super-polyunsaturator which safely increases the soluability of the cholesterol esters in your body. This in turn promotes a higher turnover of the fatty acids and the lipids in the blood.

Dr. Rudolph: Fat reserves released by lecithin.

Uncoupling the energy in a given intake of calories into more expended heat and less work potential causes the body to call on its fat reserves to produce this work energy according to the literature reported by Dr. Charles Rudolph.

Once this fat is needed, the lecithin next allows the liver to mobilize and distribute the fatty acids and triglycerides throughout the body.

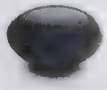
Kelp, Dr. Friend's clinical studies.

Second on the list of ingredients in Vita-Retic is kelp, a mineral-rich food from the sea and a reliable source of essential iodine. According to Dr. Claire Friend of Los Angeles, kelp, like many good things, works best in small quantities.

To ensure that we included the proper amount of kelp in our capsules, our specialist, Dr. Friend, recommended that we put exactly one-half the amount contained in the standard formula. Because when it comes to kelp, a little goes a long way.

Vita-Retic is not only the most concentrated capsule, but it also is the safest.

Vita-Retic is the only lecithin, cider vinegar, kelp and B_6 capsule that contains an iodine level within RDA (Recommended Daily Allowance), set up by the National Research Council.



Dr. Saunders: Cider Vinegar works best in a capsule.

Another ingredient in Vita-Retic is Cider Vinegar, a folk remedy made from apples and rich in potassium. The most noticeable thing about Cider Vinegar is that it just plain tastes bad. As the base for Vita-Retic, the taste of Cider Vinegar is hidden inside the easy-to-take capsule. Dr. William H. Saunders is familiar with the diet and contends that cider vinegar forms an effective base for the other three ingredients.

Dr. John Ellis and Vitamin B_6. Over two times as much B_6. Exactly what the doctor ordered.

Dr. John Ellis can be considered the personified troubadour of Vitamin B6 because of his clinical success. In fact, he is the doctor that is probably solely responsible for B6 being included in this popular diet quoted by Adelle Davis.

Dr. Ellis asked us at Peak Laboratories to do everything possible to get Vitamin B6 included in every woman's diet. He says that Vitamin B6 is a natural diuretic effective for up to 38 million American women.

The birth control pill can add 5 to 7 pounds of excess water

According to Dr. Ellis, the birth control pill also causes a depletion of B6 and can cause the accumulation of 5 to 7 pounds of excess water (bloat). Dr. Ellis feels that the two unhealthy conditions are associated and are easily corrected with the addition of B6 to the diet. Besides those who are on the birth control pill, there are up to 30,000,000 other Americans who could reduce bloating with B6. We asked Dr. Ellis how much B6 he prescribed for his patients. And that is exactly the amount we put in Vita-Retic. It happens to be well over two times what the standard capsule contains.

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continued from page 67

kissed him goodbye, I kissed him again. I don't know why."

Now Angie and Burt are friendly with Teddy Kennedy. Burt held a concert to raise money to defray the expenses of Teddy's last senatorial campaign. When the Senator is in Los Angeles, Burt and Angie take him to dinner, and Burt plays tennis with Teddy when Bacharach visits Hyannis Port.

Angie does not see as much of Ethel and other members of the family as she did before her TV series. She scoffs at rumors of a romance between Ethel and singer Andy Williams.

"I don't believe it for a minute," she says. "It's ridiculous. I look for the chemistry when I hear people paired off romantically. It's not right for Andy and Ethel. The chemistry between me and Jack looked right though, didn't it? But that doesn't mean it's true. He was some special guy, though. If he hadn't been the President he would have been just as desirable."

How would JFK react?

Angie's smile softens. "Jack Kennedy was the most exciting man in the world at the time I knew him. And to hear that I was having a romance with him is, of course, flattering. It was never rumored that he was in love with me. But Jack made no bones about the fact that he appreciated beautiful girls. I remember dancing with Red Fay—one of his old friends—at the inaugural gala. Jack danced by with another girl and said, 'Red, how do you rate a girl like her?'

"He would have said that about any girl, I'm sure. That was his way of saying, 'What a good-looking chick.' "

Angie shrugs off the fact that rumors about herself and the late President persist. "When I first heard the stories, I didn't know how President Kennedy would feel about them. I asked myself, 'Should I say no, it didn't happen'? Would the President then say, 'No, don't tell them that. I want them to think so.' Or should I say, 'Well, there might have been something.' And would he then say, 'No, don't tell them that. I'm President and married.' "

Angie laughed. "So I didn't say anything. In a way I think it's nice that people don't want to discard the idea."

While Angie can handle the rumors, she is troubled that they bother Burt. He has mentioned the subject on several occasions. But Angie says, "Burt is grown up enough to ignore the fact that publications continue to print stories about me and President Kennedy."

For their marriage to survive, Angie, now 42, and Burt, 46, have *both* had to have the maturity to cope with jealousies and hurt.

Angie, for example, recalls what it was like for her to accept Burt's overnight success. She had, after all, been a star for much longer and had worked hard for her fame. She remembers attending one of his concerts right after he had won two Academy Awards in 1970.

"I couldn't believe it," Angie says. "The photographers almost ran over me to take pictures of Burt." In the crush a cameraman said, "Excuse me, miss. Would you mind stepping aside. We want a picture of Mr. Bacharach."

Angie, long the star of the family, was astonished to discover she had become invisible in the glare surrounding her handsome husband. "To tell the truth, it was a shock to my ego," she admits. "You know. 'There's Burt Bacharach and his wife, what's-her-name.' The change in our recognition factor didn't affect our marriage. But it gave me some new tensions. Nobody likes to be ignored."

The fact remains that Angie Dickinson was a celebrity a dozen years before her 1965 marriage to Burt, and for five years after she was the celebrity of the family. Burt was generally identified as her husband. But in the space of a year, the tables turned. Angie became Mrs. Burt Bacharach in the public mind, if she was thought of at all.

"The real flip-flop started when sixty million people watched the 1970 Academy Awards," Angie says. "The audiences loved 'Raindrops Keep Fallin' On My Head.' And they loved the attractive man who wrote it."

As Burt's star rose, Angie's descended. She purposely placed her career in mothballs after Nikki was born eight years ago. "I wanted to devote my time to my daughter," Angie says. "I refused to take any long movies, go on location or consider a TV series. During those years, my career was a whisper, not a shout. And that's the way I wanted it."

Following *Butch Cassidy and the Sundance Kid*, Burt enjoyed a string of hits, gold records and a series of highly rated television specials. Then, last year, along came the movie disaster of *Lost Horizon*. His score for the film failed to produce a single hit. Moreover, Burt and his longtime lyricist, Hal David, decided to break up their partnership. Burt's five-year success story ended as abruptly as it began.

"Burt hasn't been on the tube for more than a year," Angie says. "He decided to stop television appearances, quit his concerts and forget about a tour of Japan. He is a song writer, and that's what he had to do—write songs. My guy has written a lot of songs in the past year, but the artists didn't accept them. They were either not recorded or not released. Glen Campbell recorded three of Burt's songs, but they just didn't click. Neither Burt nor Hal have written a hit since they split up. Now they are getting back together again."

Morale was not at its peak in the Bacharach house when *Police Woman* was offered to Angie. But once she accepted the series, the fortunes of the Bacharach family reversed themselves again. Angie's career became a shout, Burt's a whisper.

When she went into *Police Woman*, Angie was well aware she would become an absentee wife and mother.

"Nikki was seven when I agreed to do the show," Angie said. "The break was good for her. It was time for me to cut the umbilical cord. Now she is enjoying her independence and freedom."

Burt encouraged Angie to accept the series. He told her, "You've worked hard all your life. You just can't let a good opportunity like this go by." He knew that his wife would be away all day every day. He also knew much of her free time would be devoted to scripts, wardrobe, publicity and promotion.

"I told Burt dinners wouldn't be on schedule and I wouldn't be home when Nikki returned from school," Angie recalls. "And we both accepted the fact that I wouldn't be able to go out at nights because I needed as much rest as I could get."

"The last day!"

Once she plunged into the television routine both Angie and Burt discovered the demands were greater than they had anticipated. The hours were longer, 6 A.M. to 7 P.M., and the work physically exhausting. Angie has only one servant in the house to do the cleaning and other chores. She does almost all the cooking herself.

"I'd dash home from work at seven o'clock and start dinner," she says. "But it wasn't an ordeal because I'm exhilarated when I get home from the studio. The problem is time—hurrying to fix dinner, tuck Nikki in and be in bed myself by ten o'clock."

On the eve of the final day of shooting, Angie left a note on Burt's pillow. "The last day! Thank you for all your help and understanding."

She was still awake when Burt read the note. "It wasn't so bad, was it?" Angie asked.

Burt thought a moment and replied, "Yes and no."

"He meant it was worse than we thought," Angie says, laughing. "I got his message loud and clear."

It has been suggested that Angie Dickinson may become a footnote in the history of the Kennedy years. Angie is philosophical about this. In fact, she is rather amused. "I was told the FBI had tapped my telephones," she says, "Really. And I don't know why. But it would be flattering to go into the history books. I guess a lot depends on how famous or notorious a girl becomes. I've been seen with men I shouldn't have been with. Who hasn't?" **En**

